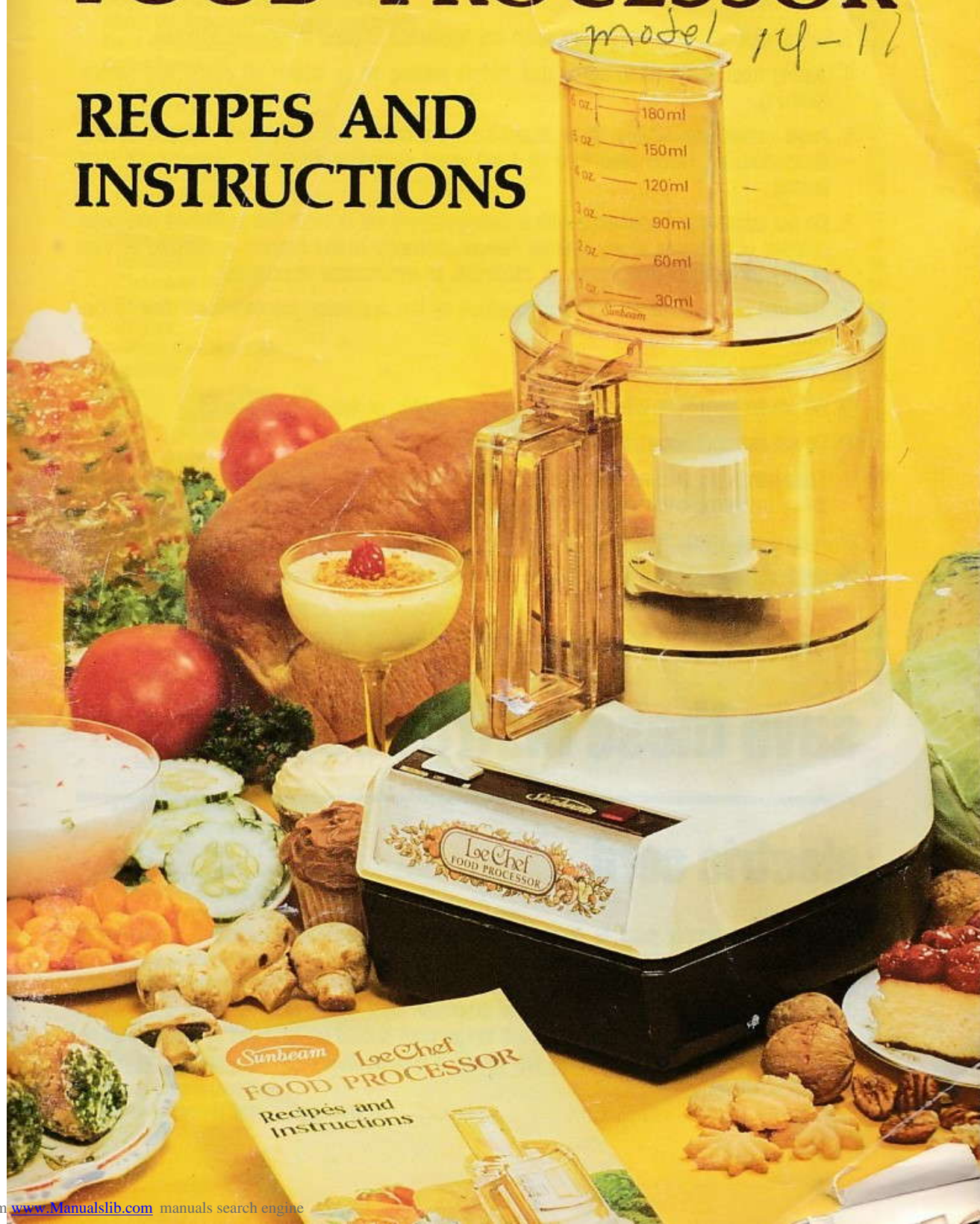




# Lee Chef FOOD PROCESSOR

## RECIPES AND INSTRUCTIONS





# important safeguards

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against electrical hazards, do not immerse base, cord, or plug in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Make sure the motor has completely stopped before disassembling. Never feed food by hand when slicing or shredding. Always use food pusher.
6. Do not operate any appliance with a damaged cord set or after the appliance has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not use appliance for other than intended use.
11. Keep hands, as well as spatulas and other utensils, away from moving blade to prevent injury to the operator and/or damage to the food processor.
12. Blades are sharp. Handle carefully.
13. To avoid injury, never place blade on the base without first having put the mixing container properly in place.
14. Always operate the food processor with the cover in place.

## save these instructions

---

### electric cord

A short power-supply cord is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord. Longer cord sets or extension cords are available and may be used if care is exercised in their use. If a longer cord or extension cord is used, the marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the countertop or table top where it can be pulled on by children, or tripped over accidentally.



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# introduction

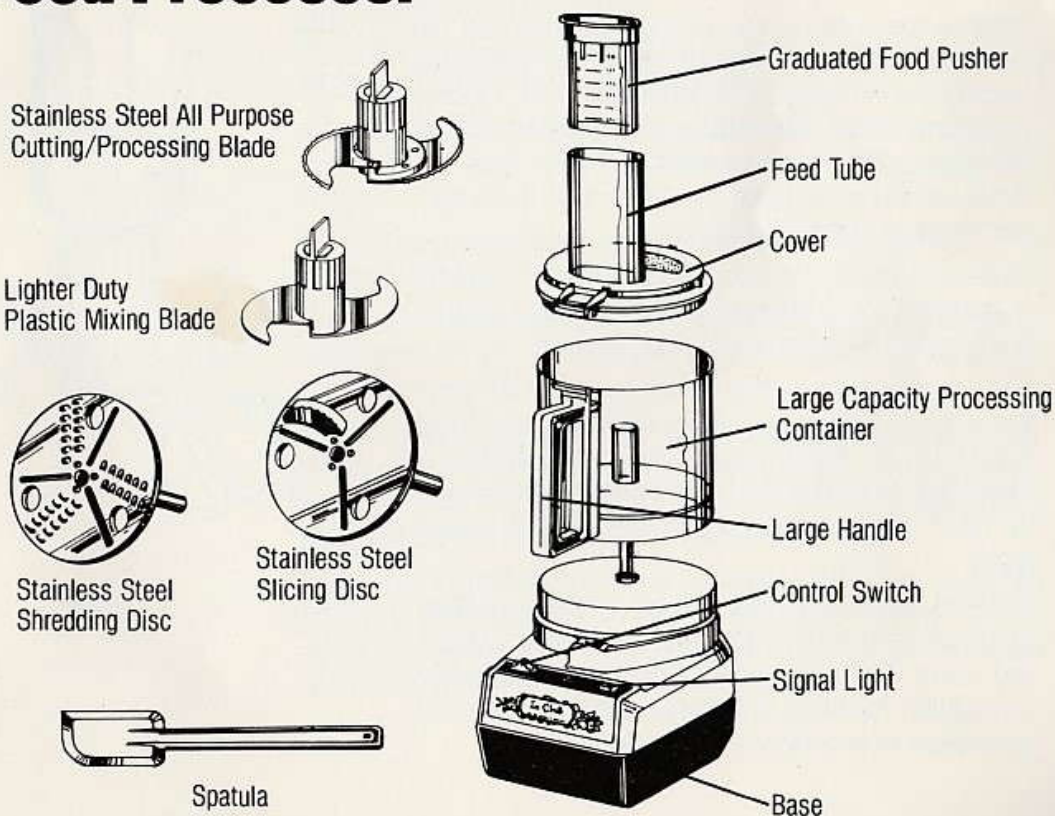
With the Sunbeam Le Chef Food Processor, you can chop, grind, shred, slice, grate, blend, or mix most foods in seconds! Whether processing fruits and vegetables, or mixing dough for coffee cakes and cookies, the food processor operates at the same rapid speed!

With the transparent processing container and cover, you can easily see the texture of the foods you are processing. This should help you to judge the desired length of processing time. The food processor comes with an all-purpose stainless steel cutting/processing blade, a lighter duty plastic mixing blade, a stainless steel slicing disc, and a stainless steel shredding disc. These blades and discs have a variety of functions, and will help you to create exciting new food products! A plastic spatula is included for scraping the container and ease of cleaning.

The recipes and suggestions in this instruction book have been developed and kitchen tested for your convenience in using your new Sunbeam Food Processor. With the wide variety of foods that can be prepared in your food processor, we hope that you will discover additional new uses for the processor, and will use our suggested recipes as a guide for adapting your own favorites!

Because the Sunbeam Le Chef Food Processor is a high-powered kitchen appliance, it is necessary to use caution when operating it. Please read the following instructions carefully, and keep this instruction book with the food processor for other family members to read. The Sunbeam Le Chef Food Processor is intended for household use only.

## features of the Sunbeam Le Chef Food Processor





# using your Sunbeam Le Chef Food Processor

Remove the Sunbeam Food Processor from its packaging carton. Use care in removing the blades and discs as they are very sharp.

Before using your food processor for the first time, be sure to wash all attachments in warm, soapy water. Rinse and dry thoroughly.

Place the food processor base on a dry, level surface. Position the processing container on the base, with the handle towards the front and slightly to the right of center. This will align the spaces on the sides of the container with the locking projections on the base of the unit. Holding the handle, turn the container to the left (clockwise) to lock it into place. The handle of the mixing container should now be positioned directly over the small raised portion of the base.

Place the desired blade or disc on the center shaft in the processing container. The discs have a raised guide at the bottom of their shaft. The blades have a guide on their top side. Match these with the flat side of the center shaft to correctly position the blade or disc. Let blade or disc drop to the bottom of the container, fully settling on the center shaft.

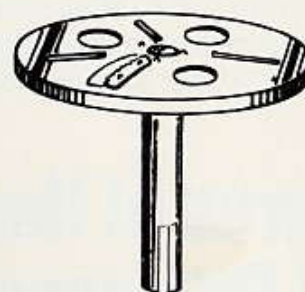
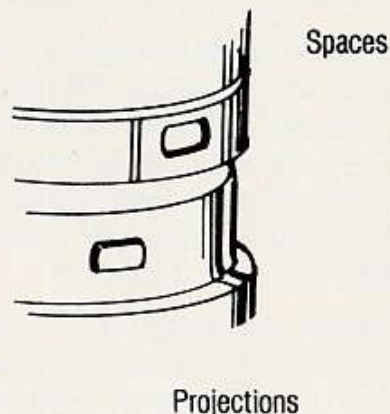
**NOTE:** Use extreme caution when handling the blades and discs as they are very **SHARP**.

Position the cover on the mixing container with the feed tube at the front of the unit and to the right of the handle. Turn the cover to the left (clockwise) to lock it into place. **NOTE:** When the unit is plugged into an electrical outlet, this movement will also start the motor and begin the blade and disc action if the control switch is in the ON position.

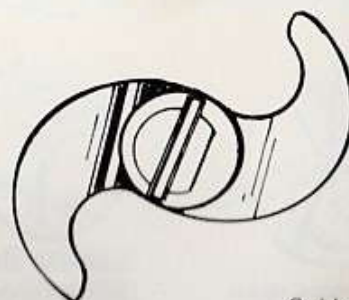
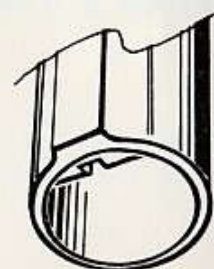
As a safety precaution, your Sunbeam Food Processor is designed not to activate unless the cover is in its proper position on the processing container.

Make sure that the control switch is in the OFF position. Plug the Sunbeam Food Processor into a 120 volt, 60 Hz, AC electrical outlet. As a safety feature, a signal light, located on the front of the unit, is designed to "glow" indicating that the unit is plugged into an outlet.

The food pusher is intended to be used when adding solid food items to the container to be shredded, sliced, and grated. The food pusher is graduated with ounce and milliliter markings, and can be used for measuring ingredients to be added to the processor.

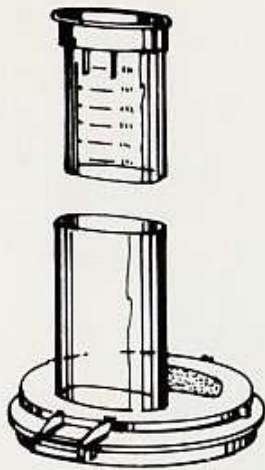


Guide



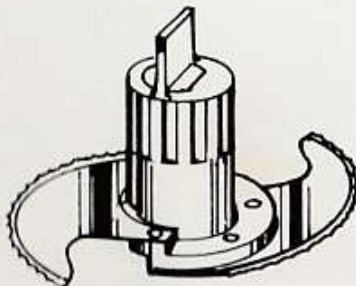
Guide





TOUCH ON OFF ON  
CONTROL SWITCH

Grip



Place the food pusher in the feed tube on the cover when ready to operate the unit. To operate the unit, slide the control switch to the far right to turn the unit ON, or to the far left for a "TOUCH ON." This slide switch has been designed to allow you better control during the short processing times.

This food processor motor is protected against overheating and burn out by a built-in control device. When processing especially heavy mixtures for long periods of time, this protective device may "shut off" the motor to prevent overheating. If this "shut off" should occur, turn the control switch to OFF and allow the motor to cool. This will avoid the unit turning "ON" unexpectedly. After a few minutes turn unit ON again and complete your processing.

To turn the motor OFF, slide the control switch to the center position, or rotate the cover of the unit to the right (counterclockwise). Either motion will stop the motor. Your Sunbeam Food Processor has been designed with a "Slow-down" feature that reduces the speed of the blade or disc and helps it to come to a quick stop when the unit is turned OFF. *DO NOT REMOVE THE COVER OF THE UNIT UNTIL THE BLADE OR DISC COMES TO A COMPLETE STOP.*

When processing is complete, turn the control switch to OFF. Wait until the blade or disc comes to a complete stop. Remove the cover from the processing container by rotating it to the right (counterclockwise) and lifting.

If using the shredding or slicing disc, use finger holes provided and carefully lift it out of the container.

If using the cutting blade or the mixing blade, grasp the grip on the top of the blade to lift and remove from the processing container.

NOTE: Use caution when handling the blades and discs as they are very SHARP.

Grasp the processing container with both hands and rotate it slightly to the right, (counterclockwise) then lift to remove it from the base.

When mixing liquids or batters using the cutting blade or mixing blade, DO NOT remove the blade before lifting the processing container from the base. This should help to avoid liquids spilling down the center hole and onto the base of the unit.

Pour liquid ingredients from the processing container, using the spatula to press against the center of the blade to hold it in place. When the processing container is empty, use the grips on the top of the blades for easy removal from the shaft.







# care and cleaning

Unplug the food processor from the electrical outlet. Wipe the base of the unit with a damp cloth, then polish with a dry cloth.

NOTE: To protect the all-purpose cutting/processing blade in shipping, each cutting edge was dipped in paraffin at the factory. To remove this coating, grasp the blade by its plastic grip. Hold under HOT, running water so that each cutting edge is under the faucet for several seconds. The paraffin will soften and wash away.



The processing container, cover, pusher, blades, and discs may be washed in warm, soapy water, rinsed thoroughly, and dried. They may also be washed in an automatic dishwasher. Place on the top rack of the dishwasher, away from the heating element. Avoid the use of abrasive cleansers and cleaning pads. A small coffee percolator spout cleaning brush may be used to clean the blades and discs.

NOTE: Use caution when washing the blades and discs as they are extremely SHARP. It is recommended that they be washed, dried, and stored immediately after use.

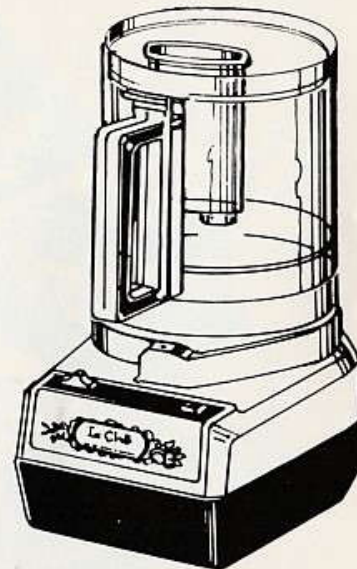
The motor in your Food Processor has been permanently lubricated at the factory and requires no further attention. Other than the recommended cleaning, no further user maintenance should be necessary. Return your food processor to the nearest authorized Sunbeam Appliance Service Company representative if servicing or repairs are necessary.

## storage

Store your Sunbeam food processor in a dry location on your counter top. Wind the electrical cord around the processor and secure it with the cord grip on the plug.

Invert the cover into the processing container and place the food pusher into the feed tube. With the cover inverted, your Sunbeam Food Processor should conveniently fit on your counter top under your kitchen cabinets. Store the blades and discs out of reach of children. You may wish to purchase our Tool Caddy, available at your nearest Sunbeam Appliance Company store.

If storing your food processor with the cover right side up, be sure the cover is not in the locked position to avoid possible damage to the switch.



## suggestions for processing foods

Because your Sunbeam Food Processor uses such quick action to process foods, some of the kitchen techniques used when operating the processor may be slightly different from the techniques used with other appliances.

The following suggestions were developed to help you operate your Sunbeam Food Processor with safety, ease, and convenience.

When processing several vegetables or fruits that will later be combined, process each vegetable or fruit separately due to the difference in textures of each one.

Turn the processor ON for a few seconds, then stop the appliance and check the texture of the food being processed. **BE CAREFUL NOT TO OVER PROCESS.** Turn the appliance ON again if more processing is needed.



Two and a half cups of most foods can be processed at one time. Empty the processing container and repeat the processing procedure until you have the desired amount of processed food.

Collect all the ingredients and do all measuring and food preparation before beginning to operate the processor.

When using the stainless steel slicing disc or shredding disc, always use the food pusher. *NEVER* use your fingers to push foods into the feed tube. Be careful not to drop spoons, spatulas, or other utensils into the feed tube.

When mixing in your food processor, add the liquid ingredients last. With the processor ON, add the liquids through the feed tube on the cover.

If any food items should become caught between the blade and the side of the bowl, turn OFF the processor and wait until the blades stop turning. Then, remove the cover and lift the blade to free the food item.

During the processing of some recipes, the blade may become "locked" on the center shaft of the mixing container. To remove the blade, unplug the unit from the electrical outlet and grasp the grip on the top of the blade. Carefully rock the blade back and forth, rotating it on the shaft until the blade is freed.

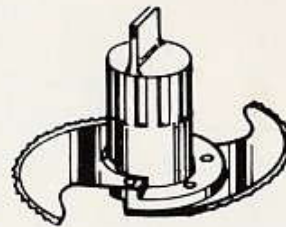




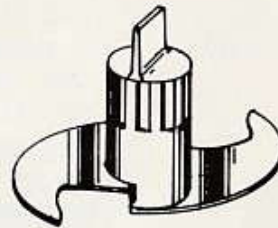
# about the processing blades and discs

The blades and discs for your Sunbeam Food Processor have been designed to perform various processing functions. Each blade and disc performs differently, and yields a different textured food product. When using the food processor, refer to the recipes of Food Processing Guide for the recommended blade or disc to use.

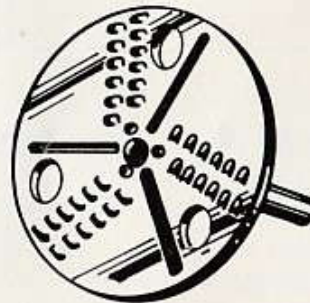
The stainless-steel *all-purpose cutting/processing blade* is used for chopping, beating, mixing, kneading, and pureeing foods. In the following recipes, this blade is used when preparing bread doughs, muffin batters, salad dressings, fillings, dips, and spreads.



The lighter-duty *plastic mixing blade* is used for mixing and blending foods, such as cake batters, cookie doughs, crepe batters, and frostings.



The stainless-steel *shredding disc* shreds and grates foods such as cheeses, and raw and cooked vegetables that are fed through the feed tube on the cover.



The stainless-steel *slicing disc* slices raw and cooked vegetables, sausages, and cooked meats, that are fed through the feed tube on the cover. The thickness of the slices obtained depends to some degree on the amount of pressure put on the food pusher as it presses on the food in the feed tube. Avoid excessive pressure on the food pusher when slicing or shredding food.





# food processing guide

FOOD ITEM TO BE PROCESSED	RECOMMENDED BLADE OR DISC	PROCESSING INSTRUCTIONS	APPEARANCE
Raw Meat	Steel cutting/ processing blade	Place one cup of 1" pieces well-chilled gristle-free raw meat into processor. Process approximately 5 seconds, or until desired texture is obtained.	Soft shred
Cooked Meat	Steel cutting/ processing blade	Place one cup of 1" pieces cooked meat into processor. Process 3 to 10 seconds, stopping the processor to check for desired texture.	Dry shred
	Slicing disc	Place pieces of cooked meat, into feed tube. Position food pusher in tube. Start processor and begin gently pressing on food pusher until all meat is sliced.	Thin sliced
Hard Cheeses: ie.; Parmesan, Romano	Steel cutting/ processing blade	Start processor, drop 1½" pieces of cheese through feed tube. Process until desired texture is obtained.	Grated
Mozzarella	Shredding disc	Fill feed tube with 1½" pieces of cheese. Position food pusher in tube. Start processor and apply moderate pressure to feed pusher until all cheese is processed.	Shredded
Hard Vegetables:	Steel cutting/ processing blade	Start processor, drop 1½" pieces of vegetable through feed tube. Add a few pieces at a time. Process 2-3 seconds, or until desired texture is obtained.	Chopped
Carrots Zucchini Cucumbers Celery Potatoes	Slicing disc	Place cut lengths of vegetables vertically in feed tube, packing tube tightly. Position food pusher in tube. Start processor and apply pressure to the food pusher until all vegetable is sliced.	Thin sliced
Soft Vegetables: Onions Parsley Mushrooms	Steel cutting/ processing blade	Start processor, drop small pieces of vegetables through feed tube. Process 2 seconds, or until desired texture is obtained.	Chopped
Onions	Slicing disc	Cut onion in half; (quarters if necessary) peel and remove top and bottom. Place pieces upright in feed tube, packing pieces tightly. Position food pusher in tube. Start processor and apply pressure to food pusher until all the onion is sliced.	Thin sliced



FOOD ITEM TO BE PROCESSED	RECOMMENDED BLADE OR DISC	PROCESSING INSTRUCTIONS	APPEARANCE
Mushrooms	Slicing disc	Cut off stems near cap of mushrooms. Stack mushrooms on edge in feed tube, packing tightly. Position food pusher in tube. Start processor and gently apply pressure to food pusher until all mushrooms are sliced.	Thin sliced
Cabbage	Shredding disc	Cut head of cabbage into quarters, lengthwise, and remove the core. Cut into sections small enough to fit into feed tube. Place sections in tube vertically. Position food pusher in tube. Start processor and apply pressure to food pusher until all cabbage is shredded.	Fine shred
Cabbage	Slicing disc	Cut head of cabbage into quarters, lengthwise, and remove the core. Cut into sections small enough to fit into feed tube. Place sections in tube vertically. Position food pusher in tube. Start processor and apply pressure to food pusher until all cabbage is shredded.	Coarse shred
Bread and crackers	Steel cutting/processing blade	Start processor, drop 14 broken crackers or 3-4 quartered bread slices through feed tube. Process approximately 3 seconds or until desired texture is obtained.	Fine crumbs Yield: approx. 1 cup
Almonds, walnuts, and pecans	Steel cutting/processing blade	Start processor, add 1 cup of nuts through feed tube. Process approximately 2 seconds, or until desired texture is obtained.	Fine chop
Peanuts and other nut butters	Steel cutting/processing blade	Start processor, gradually add 2 cups of shelled, salted peanuts (or other nuts) through feed tube. Process for a few seconds, then stop and scrape down the sides of the processing container using a spatula. Continue processing until desired texture is obtained.	



## Le Chef FOOD PROCESSOR

# Presents "Going Gourmet"

"Going Gourmet" is easy with the help of your Sunbeam Le Chef food processor. From soups to entrees, and breads and pastries to elegant desserts, the Sunbeam Le Chef food processor helps you to create entire meals with a gourmet flair!

To help you begin using and enjoying your food processor, we have grouped together some of our kitchen tested gourmet recipes that we know you'll want to try! French Onion Soup, Beef and Mushroom Ratatouille, Quiche Lorraine, Brioche, and Chocolate Mousse are just some of the delectable specialties you'll be able to make in minutes! Bon Appetite!



## **french onion soup**

Yield: 8-10 servings

- |   |  |
|---|--|
| 3 lbs. red onions, peeled and cut in half | 2-3 teasp. salt, or to taste                     |
| 3/4 cup butter                            | Dash white pepper                                |
| 6 beef bouillon cubes                     | 2 cups chilled Swiss or gruyere cheese (1/2 lb.) |
| 2 quarts water                            | 1/2 loaf French bread                            |
| 1 cup dry white wine                      |  |
| 1 teasp. Worcestershire sauce             |  |

With slicing disc in place, add the onion to the feed tube and process until all onions are thinly sliced. Slowly cook onions in butter in a 4 quart kettle until lightly browned, about 20 minutes. Boil 1 cup water; dissolve bouillon cubes in it. Add bouillon, 7 cups water, and white wine to onions. Cover; simmer 2 hours, stirring occasionally. With shredding disc in place, finely shred Swiss or gruyere cheese. Set aside. Near end of cooking, add Worcestershire sauce, salt, and pepper to soup. To serve, place thin slice of French bread in bottom of each individual ovenware bowl. Ladle soup into bowls. Top each with a thick layer of cheese. Place under broiler until cheese melts. Serve at once.

---

## **gazpacho**

Yield: 6 cups

- |  |                         |
|--|-------------------------|
| 1 small onion, peeled and quartered                        | 1/2 teasp. chili powder |
| 2 cloves of garlic   | 1/3 cup olive oil       |
| 3 green peppers, seeded and quartered                      | 1/4 cup lemon juice     |
| 4 tomatoes, peeled, seeds removed (if you wish), quartered | 3 cups tomato juice     |
| 1 cucumber, peeled and cut into 6 pieces                   | 1/4 cup dry sherry      |
| Salt and pepper to taste                                   | 1/2 cup sour cream      |

With steel cutting blade in place, process each of the first five ingredients separately until finely chopped. Remove to a larger jar. Add salt, pepper, chili powder, olive oil, lemon juice, tomato juice, and sherry. Stir to blend. Chill thoroughly and serve cold with a dollop of sour cream.

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## **vichyssoise**

Yield: 2 quarts

- |  |                   |
|--|-------------------|
| 5 medium potatoes, peeled and cut into 1-inch cubes          | 1 cup heavy cream |
| 4 cups boiling water   | 1 cup milk        |
| 6 chicken bouillon cubes                                     | 1 teasp. salt     |
| 1 1/2 cups onions or leeks, chopped with steel cutting blade | 1/4 teasp. pepper |
|  | 1/4 cup butter    |
|  | Minced chives     |
|  | Paprika           |

Combine potatoes, water, bouillon cubes, and onions. Cover and cook until the potatoes are very tender about 30 minutes. Drain, reserving liquid. Process the drained vegetables, 1/2 at a time, with the steel cutting blade until they are very smooth. Return vegetables to their cooking liquid. Add cream, milk, salt, pepper, and butter. Chill thoroughly. Serve cold, garnished with minced chives and paprika. (Soup may also be re-heated and served hot.)



## beef and mushroom ratatouille

Yield: 8-10 servings

**2 1/2 lbs. chilled or partially frozen,  
boneless beef shoulder or chuck;  
sliced in feed tube sized pieces  
(approx. 1 1/2 x 2 1/2 inches)**

**1/4 cup oil**

**3 medium onions, peeled and  
quartered**

**1 clove garlic**

**1 can (1 lb. 12 oz.) tomatoes**

**1 Tbsp. oregano**

**2 teasp. salt**

**1/2 teasp. pepper**

**1 pound fresh mushrooms**

**1 medium eggplant**

**2 zucchini, ends trimmed**

With the slicing disc in position, process strips of beef into slices. Set aside. Heat 2 Tbsp. of oil in a large saucepan or Dutch oven. Add half the beef slices and brown them on all sides over medium high heat. Remove the browned slices; add the remaining oil and beef and brown. Lift the browned meat from pan and set it aside. With steel cutting blade in place, chop the onions and garlic medium-fine in the food processor. Add them to the drippings in the pan and sauté 1 minute. Return the beef to the pan, along with the tomatoes, oregano, salt, and pepper. Break the tomatoes into chunks with a spoon. Heat to boiling; then reduce heat, cover, and simmer about 1 1/2 hours or until the beef is tender, stirring occasionally. Rinse the mushrooms and cut off the tips of stem ends. With the slicing disc in place, process mushrooms. Peel the eggplant and process with the slicing disc. Process zucchini with the slicing disc. Add the mushrooms, eggplant, and zucchini to the pan with the beef. Cover and simmer 30 minutes or until the vegetables are tender, stirring occasionally.

---

## beef stroganoff

Yield: 6 servings

(This delicious Russian dish depends on two things for its effect—the thinness of the meat and the fresh taste that shows it was completed immediately before serving.)

**2 lbs. lean beef (eye of round or sirloin-  
tip)**

**1 shallot or 3 scallions**

**6 Tbsp. butter**

**1 lb. fresh mushrooms**

**1/2 cup dry white wine**

**Salt and pepper**

**1 cup sour cream**

**1 teasp. Worcestershire sauce**

**1 teasp. Dijon-style mustard**

Cut beef into feed tube size strips (approx. 1 1/2 x 2 1/2 inches). Thoroughly chill or partially freeze beef before slicing in the food processor with the slicing blade. Peel shallot or scallions and cut into 1 1/2 inch pieces. With the steel cutting blade in place, process shallot or scallions using touch control for four or five short periods, until finely chopped. Sauté chopped shallot or scallions in large skillet with 3 Tbsp. of butter. Do not wash the mixing container. Wipe mushrooms with damp paper towels and cut off stem ends. With slicing disc in place, slice the mushrooms and add them to the skillet. Raise heat to medium high and cook until the mushrooms have given off and reabsorbed their juices (about 5 minutes). The dish may be made ahead to this point. Put the mushrooms aside and store the beef slices in the refrigerator. The sautéing of the beef and the final combining of ingredients must be done at the last minute. Not more than 15 minutes before you wish to serve, heat the remaining 3 Tbsp. of butter in a heavy skillet large enough to hold the meat and mushrooms easily. Pat beef slices dry with paper towel. Over medium-high heat, sauté beef slices until just brown, stirring them around to brown both sides. Add wine and mushrooms and cook for 2 minutes. Season with salt and pepper and add the sour cream, Worcestershire sauce, and mustard. Heat, stirring, until piping hot. Do **not** allow mixture to boil as the cream will curdle. Serve immediately with rice.



## **cheese soufflé**

Yield: 6 servings

**2 ounces Parmesan cheese, chilled**  
**6 ounces Sharp Cheddar cheese, chilled**  
**1 small onion**  
**1/3 cup butter**

**1/3 cup all-purpose flour**  
**1 teasp. dry mustard**  
**1 1/2 cups milk**  
**6 eggs, separated**  
**1/4 teasp. cream of tartar**

With steel cutting blade in place, process Parmesan cheese until finely powdered. Butter a 2 1/2 quart soufflé dish or casserole. Dust it with the powdered Parmesan cheese. Set it aside. Finely shred the Cheddar cheese in the food processor with the shredding disc. Remove and set aside. Chop the onion in the food processor with the steel cutting blade. Sauté the onion in butter in a medium saucepan for 5 minutes. Stir in the flour and dry mustard. Cook and stir until smooth and bubbly. Add the milk all at once. Cook and stir over medium-high heat until the mixture comes to a boil and is smooth and thick. Remove the saucepan from the heat. Stir in the reserved Cheddar and Parmesan cheeses; stir until melted. With the plastic mixing blade in place, beat the egg yolks in the mixing container until thick and lemon-colored. Stir a small amount of the hot cheese mixture into the yolks. Return the yolk mixture to the saucepan and blend. Using a mixer, beat the egg whites and cream of tartar in a mixing bowl until stiff but not dry, just until whites no longer slip when bowl is tilted. Gently fold the yolk mixture into the whites. Pour the egg mixture into the prepared baking dish. Holding a spoon upright, make a ring 1 inch deep and 1 inch from the side of the dish. Bake the soufflé in a preheated 350°F. oven 35-40 minutes or until puffy and delicately browned; soufflé should only shake slightly when the oven rack is gently moved back and forth. Serve it immediately.

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## **gnocchi verdi**

Yield: 24 gnocchi, 4-6 servings

These little Italian green-and-white dumplings may be served between the antipasto and the main course of a meal, or may substitute, on occasion, for the pasta. They are delicious served as part of the main course or for lunch.

### **Gnocchi:**

**1 10 oz. pkg. frozen spinach, completely defrosted, large stems discarded, and squeezed thoroughly dry**  
**1 lb. ricotta cheese**  
**1/3 cup grated Parmesan cheese**  
**1/2 cup all-purpose flour**

**2 eggs**  
**1 slice onion, 1/2 inch thick**  
**1/2 teasp. salt**  
**1/4 teasp. freshly ground black pepper**  
**1/4 teasp. nutmeg**  
**1/2 cup or more flour for dredging**

### **Topping:**

**1/4 cup melted butter**  
**1/3 cup grated Parmesan cheese**

With steel cutting blade in place, add all ingredients for the gnocchi—spinach, cheeses, flour, eggs, onion, and seasoning—into the food processor. Process until spinach and onion are minced, about 10 seconds. Use at once or refrigerate for several hours. Shape the mixture into 1-inch balls. Roll lightly in flour. Gently drop about 12 at a time into 4 quarts of boiling water. They will sink and then rise to the surface. Cook for about 6 minutes. Remove with a slotted spoon. Keep them warm while preparing others. Place in a greased 13 x 9 inch baking dish. Dribble with melted butter, and sprinkle with Parmesan cheese. Place under the broiler until cheese is melted and golden brown. Serve at once.



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## **paté brisée**

Yield: 1 crust for a 10-inch single crust pie or **quiche**

**1 3/4 cups sifted all-purpose flour**  
**Dash of salt**

**3/4 cup butter, cut into 6 pieces**  
**1 large egg, lightly beaten**

With steel cutting blade in place, add flour and salt to mixing container. Embed butter in flour around bowl. Dribble egg over surface. Process for 10 seconds. Gather the dough and form into a ball. Roll or pat out onto an 11-inch circle on waxed paper. Invert into a 10-inch pie pan or 10-inch quiche pan. Peel off paper. Pat evenly over bottom and up sides. Bake as selected filling recipe directs.

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## **quiche lorraine**

Yield: 6-8 servings

**10-inch unbaked pastry shell**  
**6 ounces Cheddar cheese, chilled**  
**1 large onion, peeled and quartered**  
**9 slices bacon, cubed**  
**2 Tbsp. flour**  
**4 eggs**

**1 tsp. salt**  
**1/4 tsp. dry mustard**  
**Dash nutmeg**  
**2 cups light cream**  
**Paprika**

Bake the pastry shell in a preheated 425°F. oven for 10 minutes. Shred the Cheddar cheese by processing with the shredding disc. Set aside. Slice onions by processing with the slicing disc. Set aside. Cook bacon over medium low heat until crisp. Lift the bacon from the pan and place on paper toweling. Drain the drippings and return 2 Tbsp. of it to the pan. Add sliced onions to pan and sauté about 2 minutes. Sprinkle the flour over the onion. Stir to blend and cook briefly. Remove it from the heat, and set it aside. With plastic mixing blade in place, beat the eggs, seasonings, light cream, and sautéed onion in the food processor just until they are combined. Arrange cheese in the pastry shell. Pour the egg-milk mixture over the cheese; then sprinkle the bacon and paprika on top. Bake in a preheated 350°F. oven 35-45 minutes or until a knife inserted near the center comes out clean. Let it stand 5 minutes before cutting into wedges.

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## **chocolate mousse**

Yield: 6-8 servings

**1/3 cup sugar**  
**1/2 cup water**  
**1 pint heavy cream**  
**1 12 oz. pkg. semisweet**  
**chocolate pieces**

**1/4 cup dark rum**  
**4 egg yolks**  
**1/2 cup toasted almonds (optional)**

Combine sugar and water in small saucepan and boil for 3 minutes. With steel cutting blade in place, add cream to the mixing container of the food processor. Process until a very thick whipped cream forms, about 1 minute. Transfer to a two quart decorative mold. Without washing mixing container, reinsert steel cutting blade and add chocolate pieces. Process, using on and off touch control, for 15 to 20 seconds. Continue processing and gradually pour in hot syrup, rum, and egg yolks. Using a spatula or small wisk, scrape chocolate mixture over whipped cream and fold together. Place mold in freezer for 6 hours. Unmold and garnish with toasted almonds if desired.

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## strawberry frappé

Yield: 1-1/2 quarts

2 cups fresh or frozen strawberries,  
unsweetened  
4 cups (1 quart) water

1/3 cup lemon juice  
1 1/4 cups sugar

Combine sugar and water in medium size saucepan. Stir over high heat to boiling stage and continue cooking for 5 minutes. Cool to room temperature. With steel cutting blade in place, add strawberries to the mixing container and process. Use touch control to turn on and off rapidly, until puréed—about 10 to 12 seconds. Add puréed strawberries and lemon juice to sugar water and stir. Pour mixture into large tray and place in freezer. Stir mixture every 30 minutes until it is half frozen. With steel cutting blade in place add 1/4 of semi-frozen mixture at a time to the mixing container and process for 3-5 seconds. Return mixture to tray, cover and store in freezer until ready to serve.

---

## brioche

Yield: 1 large loaf or 8 small individual loaves

Bread: 1 pkg. active dry yeast  
1/4 cup warm milk (110°F.)  
1 Tbsp. sugar

2 1/8 cups all purpose flour, sifted  
1 1/4 tsp. salt  
1/2 cup frozen butter, cut in 8 pieces  
2 eggs, lightly beaten

Optional Glaze: 1 egg yolk 1 Tbsp. cream

Dissolve yeast in warm milk with sugar. With the steel cutting blade in place, add flour, salt, and butter to the mixing container. Process until butter is cut into flour mixture, about 30 seconds. Add yeast mixture through feed tube and process until combined, about 10 seconds. Add eggs and process until ball of dough forms on blades. Remove from mixing container and place in greased bowl, turning to coat all sides. Cover, and let rise in warm place until doubled in bulk, about 1-1/2 to 2 hours. Punch down. To make one loaf, remove a small portion of the dough. Form it into a teardrop shape. Form the rest of the dough into a ball. Place the large ball into a lightly buttered Brioche pan. Make a hole in the center of the ball and insert the teardrop-shaped portion, with the narrow end in the hole. Cover and let rise until doubled, about 1 hour. To make 8 small loaves, remove one fourth of the dough and shape it into 8 teardrop shapes and shape the remaining portion into 8 round balls. Follow the same procedure as for the large loaf, using small Brioche pans. If desired, brush with a glaze made by beating 1 egg yolk with 1 Tbsp. cream. Bake the large loaf in a preheated 350°F. oven for 35-40 minutes, or until golden brown. Bake the small individual loaves 20-25 minutes, or until golden brown. Turn the Brioche out of the pan to cool on a wire rack before slicing.

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## whole wheat bread

Yield: One loaf

3/4 cup milk  
1 Tbsp. melted margarine  
1 1/2 tsp. sugar  
1 1/2 tsp. salt  
2 Tbsp. molasses

1 pkg. active dry yeast  
1/4 cup warm water (110°F.)  
2 cups 100% whole wheat flour  
1 1/3 cups all purpose flour

Scald milk; add margarine, sugar, salt, and molasses. Cool to room temperature. Dissolve yeast in warm water. Add room temperature milk mixture to yeast. With steel cutting blade in place add flours to the mixing container. Process while pouring liquid ingredients through feed tube and continue processing until ball of dough forms on blades, 5-10 seconds. Remove dough from mixing container and shape into a ball. Place in greased bowl and roll ball to grease the dough. Cover, and allow to rise until doubled in volume (about 1 1/2 hours). Punch down, fold sides to center, turn dough over. Allow to rest 10 minutes. Shape dough to fit into greased bread pan (9" x 5" x 3"). Brush with melted margarine. Cover. Allow dough to rise in bread pan until doubled (about 30 minutes). Bake in 375°F. oven for 50 minutes. Baked loaf will sound hollow when tapped with knuckles.





## Appetizers

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### **avocado blue cheese dip**

Yield: 2 cups

**1 ripe avocado, peeled, and sliced**  
**2 Tbsp. lemon juice**  
**1 small sliced onion**  
**1/4 cup light cream**  
**Dash salt**

**1 teasp. celery seed**  
**3 drops hot pepper sauce**  
**4 oz. soft cream cheese, cubed**  
**4 oz. soft blue cheese, cubed**  
**Few drops of green coloring,**  
**if needed**

Place steel cutting blade into mixing container. Process avocado with lemon juice and onion until well blended. Gradually add cream, seasonings and cubes of cheese through feed tube process until smooth. Stop, unplug unit and scrape down sides of mixing container whenever necessary.

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### **club cheddar spread or cheese ball**

Yield: Makes one 3" ball.

**1 Tbsp. Worcestershire sauce**  
**1/2 teasp. dry mustard**  
**1 (2 1/4 oz.) can, deviled ham**

**Dash of Cayenne pepper**  
**3/4 lb. Cheddar cheese, cubed**  
**1/2 cup milk**

Place steel cutting blade into mixing container. Add Worcestershire sauce, dry mustard, deviled ham and pepper. Process until smooth. Alternately feed cheese cubes and milk down feed tube as unit runs. Stop, unplug unit and scrape down sides whenever needed. Process until smooth. Mixture may be served as a spread or formed into a ball and chilled for several hours before rolling in chopped nuts or parsley.



## deviled ham spread

Yield: 1 cup.

- |   |   |
|---|---|
| <b>3 Tbsp. mayonnaise or salad dressing</b> | <b>1/2 tsp. salt</b>                            |
| <b>1/2 slice onion</b>                      | <b>1 (2 1/4 oz.) can deviled ham</b>            |
| <b>1 thin slice green pepper</b>            | <b>3 hard cooked eggs, peeled and quartered</b> |
| <b>2 Tbsp. sweet pickle relish</b>          |   |

Place steel cutting blade into mixing container. After placing all ingredients in mixing container, process until thoroughly blended. Stop, unplug unit, and scrape down sides of mixing container with rubber spatula whenever necessary.

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## guacamole

Yield: 1 2/3 to 2 cups

- |  |                                |
|--|--------------------------------|
| <b>2 Tbsp. finely chopped onion</b>                      | <b>1 1/2 Tbsp. lemon juice</b> |
| <b>2 Tbsp. finely chopped canned green chili peppers</b> | <b>1 tsp. salt</b>             |
| <b>2 very ripe avocados</b>                              | <b>1/8 tsp. white pepper</b>   |
| <b>1 medium tomato, peeled</b>                           | <b>Dash cumin</b>              |

Place steel cutting blade into mixing container. Process onion and peppers until finely processed. Peel avocados, halves crosswise, and remove pits. Break up avocados and tomato into pieces, add to mixing container; process until the mixture is smooth and creamy. Add to avocado mixture: lemon juice, salt, white pepper, and cumin. Mix well. Refrigerate, covered for at least 1 hour until well chilled. Serve as a dip with crackers, tortilla chips, or fresh vegetables.

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## holiday cheese ball

Yield: One 3" ball

- |   |                                    |
|---|------------------------------------|
| <b>1/4 cup milk</b>                         | <b>1 tsp. Worcestershire sauce</b> |
| <b>1 (3 oz.) package blue cheese, cubed</b> | <b>6 oz. cream cheese, cubed</b>   |
| <b>1/4 cup Cheddar cheese, cubed</b>        | <b>1/2 cup pecans</b>              |
| <b>1 small wedge onion</b>                  | <b>6 sprigs parsley</b>            |

Place steel cutting blade into mixing container. Process blue cheese with milk until smooth. Stop, unplug unit and scrape down sides of mixing container with rubber spatula, if necessary. Continue processing while adding Cheddar cubes 2-3 at a time through feed tube. Add onion, Worcestershire sauce and gradually the cream cheese. Process until smooth. Empty mixing container onto a large piece of aluminum foil and shape into a ball using the foil for ease of handling. The cheese mixture may be quite soft. Refrigerate for several hours or overnight. Process pecans and parsley in mixing container with steel cutting blade until finely chopped. Roll ball in mixture of nuts and parsley.



## **onion dip**

Yield: About 2 1/2 cups.

**6 sprigs parsley**  
**1/2 cup mayonnaise**  
**1 cup sour cream**

**1 cup creamed cottage cheese**  
**1/2 package or 1/4 cup dehydrated**  
**onion soup mix**

Place steel cutting blade into mixing container. Process parsley sprigs for a few seconds until finely chopped. Add remaining ingredients and process until smooth and thoroughly blended. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary. Chill. Serve with melba toast, potato chips, or crackers.

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## **onion-cheese-bacon spread**

Yield: 4 sandwiches.

**1 Tbsp. melted margarine**  
**2 Tbsp. mayonnaise**  
**1/2 small onion, diced**

**Dash of seasoned salt**  
**4 slices crisp-cooked bacon**  
**4 slices process-American cheese**

Place steel cutting blade into mixing container. Process margarine, mayonnaise, onion, and seasoned salt in mixing container until thoroughly blended. Stop, unplug unit and scrape down sides of mixing container with rubber spatula whenever necessary. Continue processing. Break cheese slices and drop through feed tube. Add crumbled bacon and blend a second longer. Spread on slices of bread or hamburger buns. Broil until cheese is melted.

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## **roquefort cheese dip**

Yield: 1 1/2 cups.

**1 cup creamed cottage cheese**  
**1 teasp. lemon juice**  
**1 teasp. Worcestershire sauce**

**1 Tbsp. cream**  
**1 (3 oz.) packaged Roquefort cheese,**  
**cubed**

Place steel cutting blade into mixing container. Process cottage cheese, lemon juice, Worcestershire sauce, and cream until thoroughly blended. Stop, unplug unit and scrape down sides of mixing container with rubber spatula whenever necessary. Continue processing while adding cubes of Roquefort through feed tube. Process until desired consistency is obtained. Chill.





## Soups

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### **celery soup**

Yield: 3 cups.

- |  |                          |
|--|--------------------------|
| <b>6 medium celery stalks and tops</b> | <b>1/2 teasp. pepper</b> |
| <b>1 slice of onion</b>                | <b>1/2 teasp. salt</b>   |
| <b>1/2 teasp. parsley flakes</b>       | <b>2 cups milk</b>       |
| <b>1 Tbsp. flour</b>                   |                          |

Place steel cutting blade into mixing container. Cut celery stalks and tops into large pieces. While processing onion, slowly add celery pieces and parsley flakes down feed tube and process until finely chopped. Stop, unplug unit and scrape down sides of container. Add flour, pepper, salt, and parsley mixture into sauce pan and cook over medium heat for 1/2 hour. Stir frequently. Can be served cold.

### **chicken vegetable soup**

Yield: 3 cups.

- |   |  |
|---|--|
| <b>1/2 cup cubed, cooked chicken</b>          | <b>3 sprigs parsley</b>                  |
| <b>2 carrots, cut into chunks</b>             | <b>2 cups seasoned chicken broth, or</b> |
| <b>1 medium stalk celery, cut into pieces</b> | <b>2 cups water and 2 chicken</b>        |
| <b>1 slice onion</b>                          | <b>bouillon cubes</b>                    |

Place steel cutting blade into mixing container. Process chicken, carrots, celery, onion, and parsley until finely chopped. Gradually add chicken broth through feed tube and process just long enough to thoroughly mix ingredients. Turn into saucepan and simmer for 1 hour until vegetables are cooked.



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## **italian minestrone soup**

Yield: 1 quart.

- |  |   |
|--|---|
| 2 large carrots                                  | 1/2 can (6 oz.) tomato paste            |
| 2 medium celery stalks and tops                  | 1 can (8 oz.) kidney beans, drained     |
| 1 medium onion, quartered                        | 1 1/2 tablesp. parsley flakes           |
| 1 small zucchini                                 | 1 tablesp. salt                         |
| 2 cups water                                     | 1/4 tablesp. black pepper               |
| 2 beef bouillon cubes                            | 1/8 lb. spaghetti, cut in 2-inch pieces |
| 1 clove garlic                                   |   |
| 1 can (8 oz.) tomatoes and liquid, cut in pieces |   |

Place steel cutting blade into mixing container. Cut peeled carrots and celery into pieces and place in mixing container. Process until finely diced. Stop, unplug unit, and scrape down sides of mixing container with rubber spatula. Add onions to chopped mixture and process for 5 to 10 seconds. Remove steel cutting blade and place shredding disc in mixing container. Cut zucchini in half and closely pack zucchini into feed tube. Process while using food pusher to press zucchini onto shredding disc (use of firm pressure on food pusher will produce thicker slices of item). Heat water to boil; add bouillon cubes. After bouillon cubes have dissolved add onion, garlic, carrots, celery, and zucchini, and cook for 5 minutes in covered saucepan. Reduce heat to simmer; add tomatoes and liquid, tomato paste, kidney beans, parsley flakes, salt, and pepper. Cook for 1 1/2 hours. Stir occasionally. Adjust heat to medium setting, and add spaghetti. Cook for 30 minutes.

---

## **old-fashioned cheddar cheese soup**

Yield: 5 cups.

- |   |                             |
|---|-----------------------------|
| 1 (6 oz.) package Cheddar cheese                            | 1/4 cup flour               |
| 3/4 cup sliced (1/2-inch) fresh<br>cooked or canned carrots | 1 tablesp. salt             |
| 2 medium celery stalks (cut into<br>pieces)                 | 1/2 tablesp. pepper         |
| 2 medium green onions                                       | 4 cups milk                 |
|   | 1/4 cup butter or margarine |

Place shredding disc into mixing container. Pack the Cheddar Cheese into the feed tube and use the food pusher to push the cheese onto the shredding disc. Stop, unplug unit and remove shredding disc. Empty Cheddar Cheese from mixing container into a bowl. Put steel cutting blade into mixing container; add carrots, celery pieces, green onions, flour, salt, and pepper. Process thoroughly until finely chopped. Add 1 1/2 cups milk through the feed tube. Process for 3-4 seconds. Quickly, pour mixture into saucepan; stir in remaining 2 1/2 cups milk and butter or margarine. Cook over medium heat stirring constantly, until hot and slightly thickened. Lower heat; add cheese 1/2 cup at a time. Stir until cheese melts.







## **quick french onion soup**

Yield: 5 cups

**4 cups hot water**  
**4 medium onions, quartered**  
**6 beef bouillon cubes**

**2 1/2 Tbsp. butter or margarine**  
**1 Tbsp. grated Parmesan cheese**

Place steel cutting blade into mixing container. Process onions till thoroughly chopped. Remove onions from mixing container. Combine water, onions, beef bouillon cubes, butter or margarine, and Parmesan cheese in saucepan. Heat to boiling. Lower heat and simmer for 1 hour; occasionally stirring. To serve: Top with toasted croutons.

---

## **split pea soup**

Yield: 1 quart.

**1 cup split peas**  
**1 quart cold water**  
**1/8 tsp. baking soda**  
**1 stalk celery**  
**1 small carrot**  
**1/2 onion**

**2 slices salt pork or bacon**  
**2 sprigs of parsley**  
**1/4 bay leaf**  
**1 Tbsp. margarine**  
**Dash of pepper**

Wash and sort peas. Soak peas in 1 quart of water with 1/8 teaspoon baking soda overnight. Place steel cutting blade into mixing container. Process celery, carrot, onion, salt pork or bacon and parsley by gradually adding through feed tube. When these ingredients are finely chopped, combine with peas and water in saucepan. Add margarine and pepper and stir to blend seasonings. Cover and simmer 3-4 hours. After soup has been cooked and cooled slightly, place steel cutting blade into mixing container and process, 2 cups at a time, until soup is smooth. Reheat before serving.





## Dressings Salads, and Sauces

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### **chicken salad**

Yield: 1 quart

**3 stalks celery**  
**3 sweet pickles**  
**6 spanish olives**  
**4 hard cooked eggs, quartered**

**1/2 teasp. salt**  
**2 cups cubed cooked chicken**  
**Mayonnaise or salad dressing**

Place steel cutting blade into mixing container. Process celery, pickles, olives and hard cooked eggs in mixing container. Add salt and cubed chicken and continue processing for a few seconds until all ingredients are mixed. Disconnect unit and remove salad from mixing container. Moisten with mayonnaise.

---

### **cole slaw**

Yield: 1 quart.

**1/2 medium head of cabbage, cut into  
wedges**

**1 medium carrot, cut into long chunks**

Place slicing disc into mixing container. Pack cabbage wedges into feed tube and push lightly but firmly with food pusher while processing. Process until all cabbage has been sliced. Stop, unplug unit and remove slicing disc and cabbage from mixing container. Place shredding disc into mixing container. Process carrot pieces in same manner as cabbage wedges. Stop, unplug unit and remove carrot to large bowl with sliced cabbage.

---



## **dressing**

Yield: 1 1/3 cups

- |   |                         |
|---|-------------------------|
| <b>1 cup Sunbeam mayonnaise (see page 34)</b> | <b>1 tsp. sugar</b>     |
| <b>1/4 cup sour cream</b>                     | <b>1 tsp. salt</b>      |
| <b>2 Tbsp. vinegar</b>                        | <b>1/2 tsp. paprika</b> |
| <b>1 tsp. prepared mustard</b>                |                         |

Place steel cutting blade into mixing container. Combine the dressing ingredients and process to thoroughly mix. Combine the dressing with the cabbage and carrot.

---

## **crabmeat salad in tomato cups**

Yield: 3 1/2 cups

- |   |   |
|---|---|
| <b>4 large stalks celery (1 1/4 cups)</b> | <b>1 Tbsp. lemon juice</b>                |
| <b>1/2 medium green pepper</b>            | <b>1/2 tsp. Worcestershire sauce</b>      |
| <b>1 small onion (1/4 cup)</b>            | <b>1/2 tsp. salt</b>                      |
| <b>2/3 cup sour cream</b>                 | <b>1 can (7 1/2 oz.) crabmeat, flaked</b> |
| <b>1/3 cup mayonnaise</b>                 | <b>4 large tomatoes</b>                   |

Place steel cutting blade into mixing container. Cut celery into pieces for ease in chopping. Place celery, green pepper, and onion into container and process until finely chopped. Add sour cream, mayonnaise, lemon juice, Worcestershire sauce and salt. Process several seconds. Empty mixture into a bowl. Fold in crab meat. Cover and refrigerate for 30 minutes. Wash and dry tomatoes. Slice each tomato into wedges without cutting all the way through the tomato. Gently fan out wedges to form an open "flower." Spoon crab salad onto center of tomato. Dust with paprika.

---

## **fresh mushroom salad**

Yield: 6 to 8 servings.

- |  |   |
|--|---|
| <b>1 lb. large mushrooms</b>           | <b>1 1/2 tsp. sugar</b>                       |
| <b>1/4 small green pepper</b>          | <b>1/2 tsp. salt</b>                          |
| <b>1 Tbsp. chopped parsley</b>         | <b>1/8 tsp. black pepper</b>                  |
| <b>1 Tbsp. snipped chives</b>          | <b>1/2 tsp. dill weed</b>                     |
| <b>1 1/2 tsp. tarragon leaves</b>      | <b>2 tsp. prepared mustard</b>                |
| <b>5 1/2 Tbsp. lemon juice</b>         | <b>1/2 cup bottled Italian-style dressing</b> |
| <b>1/4 cup finely chopped pimiento</b> | <b>1 small bunch watercress or spinach</b>    |

Place slicing disc into mixing container. Wash and dry mushrooms. Cut mushroom stems off. Closely pack mushroom caps into feed tube. Process while using food pusher to press mushrooms onto slicing disc. Process green peppers through feed tube using food pusher to press green peppers against slicing disc. After processing, remove slicing disc and food from mixing container. Set aside in large bowl. Place steel cutting blade into mixing container. Process parsley and chives. Add parsley, chives, tarragon leaves, and lemon juice to mushrooms. Stir gently. Refrigerate 30 minutes, covered. Place plastic mixing blade into mixing container. Combine chopped pimiento, sugar, salt, pepper, dill weed, mustard and Italian style dressing. Process until mixed well. Refrigerate 30 minutes, covered. Pour over mushroom mixture. Toss till thoroughly coated. Arrange on watercress or spinach bed on large platter.

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## **frozen raspberry dream salad**

Yield: 8 servings.

**1 package (3 oz.) raspberry gelatin**  
**1/2 cup sugar**  
**1/8 tsp. salt**  
**1 cup boiling water**  
**2 cups milk**

**1 package (2 oz.) whipped topping mix**  
**1 small package frozen raspberries,**  
**thawed**

Dissolve gelatin, sugar, and salt in boiling water. Blend in milk. Pour into 2 ice cube trays. Freeze until mixture is partially frozen (about 1 hour). Place plastic mixing blade into mixing container. Prepare whipped topping as directed on package and process in mixing container for 1-2 minutes. Do not process any longer than 2 minutes. Add frozen gelatin to mixing container. Process until thoroughly mixed. Stop, unplug unit, scrape down sides of mixing container. Quickly, pour gelatin mixture back into ice cube trays. Freeze for 45 minutes. Place steel cutting blade into mixing container. Process frozen gelatin for 5-10 seconds (soft, creamy consistency). Pour into a mixing bowl; stir thawed raspberries into gelatin mixture. Pour into trays. Freeze until firm about 2 1/2 hours.

---

## **molded garden salad**

Yield: 8 to 10 servings.

**2 envelopes unflavored gelatin**  
**1/2 cup sugar**  
**1 tsp. salt**  
**1 1/2 cup boiling water**  
**1 1/2 cup cold water**  
**1/4 cup vinegar**

**1/2 cup lemon juice**  
**1 1/2 cup shredded cabbage**  
**1 medium green pepper**  
**2 large stalks celery**  
**4 large carrots**  
**3 Tbsp. chopped pimiento**

Dissolve gelatin, sugar, and salt in boiling water. Add cold water, vinegar, and lemon juice to gelatin mixture. Pour into bowl; chill until partially set. Place shredding disc into mixing container. Closely pack cabbage into feed tube; using food pusher press cabbage onto shredding disc. Process. Remove shredding disc and insert slicing disc into mixing container. Pack green pepper into feed tube. While processing, use food pusher to press green pepper onto slicing disc. Remove slicing disc and food from mixing container. Set aside. Place steel cutting blade into mixing container. Break up celery and carrots into pieces for ease in processing. While processing celery, drop carrots down feed tube to finely process. Add vegetables to partially set gelatin and pour into a 6 1/2 cup ring mold. Refrigerate: chill until firm. Garnish with salad greens.

---

## **pineapple-carrot gelatin salad**

Yield: 8 1/2-cup servings.

**1 (8 1/4 oz.) can chunk pineapple**  
**with juice**  
**2 cups boiling water**  
**1 package lime flavored gelatin**

**1 package lemon flavored gelatin**  
**1 1/2 cups cold water**  
**5 carrots**

Drain and reserve juice from chunk pineapple. Add 2 cups boiling water to lime and lemon gelatines. Stir until dissolved. Add 1 1/2 cups cold water plus the pineapple juice. Refrigerate in 9x13x2-inch pan. Place steel cutting blade into mixing container. Process chunk pineapple until finely chopped. Remove steel cutting blade and insert shredding disc. Closely pack peeled carrots into feed tube. Process while using food pusher to press carrots against shredding disc. Stir shredded carrots and pineapple into gelatin when gelatin is partially set (about 1/2 hour). Chill until firm.



## **apricot-honey dressing**

Yield: 2 cups.

- |  |                               |
|--|-------------------------------|
| <b>1 (1 lb.) can apricots, drained</b>   | <b>1/4 cup honey</b>          |
| <b>1/4 lemon, seeded and peeled</b>      | <b>1/4 tsp. salt</b>          |
| <b>1 thin piece lemon rind, 1x2-inch</b> | <b>1 cup dairy sour cream</b> |

Place steel cutting blade into mixing container. Put drained apricots, lemon, and lemon rind into mixing container and process. When mixture is smooth, add honey, salt and sour cream through feed tube and continue processing until thoroughly blended. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary.

---

## **avocado dressing**

Yield: 1 1/4 cups.

- |                                     |   |
|-------------------------------------|---|
| <b>1/2 cup orange juice</b>         | <b>2 tsp. mayonnaise</b>                    |
| <b>1/2 lemon, peeled and seeded</b> | <b>1 avocado, peeled and seeded, sliced</b> |
| <b>1/4 tsp. salt</b>                |   |

Place steel cutting blade into mixing container. Put all ingredients into mixing container, cover and process until smooth. Serve on lettuce and tomato salad.

---

## **blue cheese or roquefort dressing**

Yield: 2 cups.

- |   |  |
|---|--|
| <b>1 cup evaporated milk, undiluted</b> | <b>1/2 tsp. salt</b>                             |
| <b>1/2 cup salad oil</b>                | <b>Dash of garlic salt</b>                       |
| <b>1/4 cup vinegar</b>                  | <b>1/2 cup crumbled blue or Roquefort cheese</b> |

Place steel cutting blade into mixing container. Put all ingredients into mixing container and process until mixture is smooth. Stop, unplug unit and scrape down sides of mixing container with spatula if necessary.

---

## **creamy garlic dressing**

Yield: 2 cups.

- |                          |                              |
|--------------------------|------------------------------|
| <b>2 cups sour cream</b> | <b>1/2 tsp. sugar</b>        |
| <b>2 cloves garlic</b>   | <b>1/4 tsp. white pepper</b> |
| <b>1 tsp. salt</b>       | <b>1/2 tsp. paprika</b>      |

Place steel cutting blade into mixing container. Put all ingredients into mixing container. Process until thoroughly blended.

---

## **russian dressing**

Yield: about 2 cups.

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| <b>1/2 cup condensed tomato soup</b> | <b>1/2 cup sugar</b>                |
| <b>6 Tbsp. white vinegar</b>         | <b>1 Tbsp. dry mustard</b>          |
| <b>3/4 cup salad oil</b>             | <b>1 Tbsp. Worcestershire sauce</b> |
| <b>1/2 small clove garlic</b>        | <b>1/2 tsp. paprika</b>             |
| <b>1/2 small onion</b>               | <b>1 Tbsp. salt</b>                 |

Place plastic mixing blade into mixing container. Put all ingredients into mixing container and process until thoroughly blended. Stop, unplug and scrape down sides of mixing container with spatula if necessary.







## **sour cream apple and raisin coleslaw**

Yield: 6 to 8 servings.

- |  |                                    |
|--|------------------------------------|
| <b>1 large head cabbage, cut into wedges</b> | <b>1 tsp. prepared horseradish</b> |
| <b>1 medium unpared, tart red apple</b>      | <b>1/4 tsp. paprika</b>            |
| <b>1 1/2 cups sour cream</b>                 | <b>1 1/2 tsp. sugar</b>            |
| <b>2 egg yolks</b>                           | <b>1 tsp. salt</b>                 |
| <b>2 Tbsp. lemon juice</b>                   | <b>1/3 cup raisins</b>             |

Place slicing disc into mixing container. Closely pack cabbage wedges into feed tube. Process while using food pusher to press cabbage onto slicing disc. After processing, remove slicing disc and food from mixing container. Set aside. Place steel cutting blade into mixing container. Core apple. Process apple in mixing container till coarsely chopped. Remove steel cutting blade and food from mixing container. Add apple to shredded cabbage. Place plastic mixing blade into mixing container. Add sour cream, egg yolks, lemon juice, horseradish, paprika, sugar, and salt. Process thoroughly. Pour sour cream dressing over cabbage and apple, and add raisins. Toss until well coated. Refrigerate at least 30 minutes.

---

## **tossed zucchini salad**

Yield: 8 servings.

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <b>1 small head Romaine lettuce</b> | <b>1 cup radishes, sliced</b>      |
| <b>1 small head Boston lettuce</b>  | <b>1/2 cup cauliflower, sliced</b> |
| <b>2 medium zucchini</b>            | <b>3 Tbsp. sliced green onion</b>  |

Suggested garlic dressing:

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <b>1/3 cup salad oil</b>            | <b>1 clove garlic, crushed</b> |
| <b>3 1/2 Tbsp. tarragon vinegar</b> | <b>1/4 tsp. black pepper</b>   |
| <b>2 1/2 tsp. salt</b>              |                                |

Wash, dry and chill salad greens in a large bowl. Tear Romaine and Boston lettuce into bite-size pieces. Place slicing disc into mixing container. Closely pack zucchini into feed tube. Process while using food pusher to press zucchini against slicing disc. Process the same way for radishes and cauliflower. Remove slicing disc and food from mixing container. Add to chilled salad greens. Place steel cutting blade into mixing container. Add green onion, process thoroughly. Add salad oil, tarragon vinegar, salt, garlic, and black pepper to green onion and mix thoroughly. Refrigerate, chill for 30 minutes. Pour dressing over salad, toss until greens and vegetables are well coated.

---

## **wilted lettuce salad**

Yield: 6 to 8 servings.

- |  |                                  |
|--|----------------------------------|
| <b>1 small onion</b>                   | <b>1/2 cup vinegar</b>           |
| <b>1 head lettuce, cut into wedges</b> | <b>1 Tbsp. sugar</b>             |
| <b>1/2 tsp. salt</b>                   | <b>1 hard cooked egg, sliced</b> |
| <b>3 slices bacon, diced</b>           |                                  |

Place slicing disc into mixing container. Process onion by placing in feed tube and gently but firmly pressing down with food pusher while unit is in operation. Disconnect unit and remove onion from mixing container. Process lettuce wedges by placing them in the feed tube and gently but firmly pressing down with food pusher while unit is in operation. Disconnect unit and place sliced lettuce in 2 1/2 quart preheated serving dish. Sprinkle lettuce with salt and let stand 10 minutes. Fry diced bacon, until crisp, remove from fat and cook onion in fat until tender. Add vinegar and sugar to onion. Heat and stir; pour over lettuce; mix with fork, sprinkle with bacon and garnish with egg slices. May be served hot or cold.



## **thousand island dressing**

Yield: 1 1/2 cups.

2 sprigs parsley  
Few celery leaves  
1 slice green pepper  
1 slice onion  
1 cup Sunbeam mayonnaise  
(See page 34)

1/3 cup ketchup  
1/4 tsp. salt  
1 hard-cooked egg, quartered  
1/4 cup sweet pickle relish  
Few drops hot pepper sauce

Place steel cutting blade into mixing container. Process parsley, celery leaves, green pepper and onion until finely chopped. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary. Add remaining ingredients and process until thoroughly blended.

---

## **fruit sauce**

Yield: 1 1/4 cups.

1/4 cup orange marmalade  
1 tsp. prepared mustard

3/4 cup currant jelly  
1/4 cup boiling water

Place plastic mixing blade into mixing container. Process marmalade, mustard and jelly together and slowly add boiling water through the feed tube. Continue processing until thoroughly blended. Use to baste ham.

---

## **white sauce**

Yield: 1 1/4 cups.

Medium—For gravies, sauces, creamed and scalloped dishes.

1 1/2 cups milk  
2 Tbsp. butter  
2 Tbsp. flour

1/4 tsp. salt  
1/8 tsp. pepper

Heat milk but do not bring to boiling point. Place steel cutting blade into mixing container. Process butter, flour, and seasonings until well mixed. Continue processing while slowly adding hot milk through feed tube. When thoroughly blended, pour mixture into saucepan and cook and stir over medium-low heat until thickened.

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## **vinaigrette**

Yield: 1 cup.

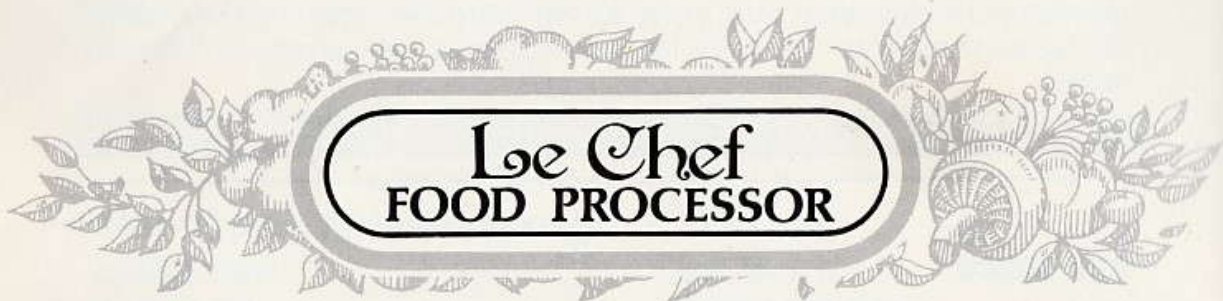
1/4 cup Red Wine Vinegar  
3/4 tsp. prepared mustard  
3/4 cup olive oil

Dash of salt  
Dash of pepper

Place plastic mixing blade into mixing container. Combine all ingredients in mixing container. Process by turning unit on and off several times until all ingredients are thoroughly blended.

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## Vegetables

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### eggplant supreme

Yield: 8 servings

1 large eggplant, peeled  
6 Tbsp. margarine or vegetable oil  
1 medium onion  
1/4 lb. fresh mushrooms  
2 cups spaghetti sauce  
2 tsp. oregano  
1/2 tsp. salt

1/8 tsp. black pepper  
1/8 tsp. thyme leaves (crumbled)  
4 oz. mozzarella cheese (1 cup shredded)  
2 Tbsp. grated Parmesan cheese  
2 slices bread

Place slicing disc into mixing container. Cut eggplant into pieces for ease in processing. Closely pack peeled eggplant into feed tube. Process while using food pusher to press eggplant onto slicing disc. Remove slicing disc and eggplant from mixing container. Sauté sliced eggplant in 5 Tbsp. margarine for 5 minutes or until tender, set aside. Insert steel cutting blade into mixing container. Process onion and mushrooms until coarsely chopped. Sauté onion and mushrooms in remaining 1 Tbsp. margarine for 5 minutes. Add spaghetti sauce, oregano, salt, black pepper, thyme, and eggplant to the onions and mushrooms. Simmer for 5 to 10 minutes. Place steel cutting blade into mixing container. Break up block of mozzarella cheese into smaller pieces and process until finely shredded. While processing cheese break-up slices of bread into pieces and drop down feed tube till processed into breadcrumbs. Add Parmesan cheese to the mozzarella, breadcrumb mixture. Pour 1/2 of eggplant mixture into greased 1-1/2 quart round casserole dish. Sprinkle 1/2 of cheeses and breadcrumbs on top. Repeat layers with remaining half. Bake at 325°F. until breadcrumbs browned (about 15-20 minutes).



## **golden carrots**

Yield: 3 to 4 servings.

**1/4 cup parsley sprigs**  
**2 cups carrots**  
**3 Tbsp. butter or margarine**

**1/4 teasp. salt**  
**1/4 teasp. ginger**

Place steel cutting blade into mixing container. Process parsley sprigs. Stop, unplug unit and remove parsley for later use. Process peeled carrots thoroughly till finely diced. Melt butter or margarine in saucepan. Add carrots, salt and ginger and mix well. Cover and cook over medium heat for 20 minutes, until tender. Garnish with parsley.

---

## **potatoes charlotte**

Yield: 6 servings

**1 small slice green pepper**  
**1 medium onion, peeled**  
**6 medium potatoes, peeled**  
**2 slices white bread**

**2 eggs**  
**1 Tbsp. salt**  
**1 teasp. paprika**  
**3 Tbsp. margarine**

Place shredding disc into mixing container. Process green pepper, onion and potatoes by placing a few pieces at a time into feed tube and gently but firmly pressing down with food pusher while unit is in operation. Stop, disconnect unit and remove shredding disc and food. Place steel cutting blade into mixing container. Process bread by tearing each slice into four sections, and dropping each down feed tube while unit is in operation. Add eggs, seasonings, onion, green pepper and potatoes. Process for a few seconds until thoroughly mixed. Pour potato mixture into a buttered 8x8x2-inch pan and bake in a hot (400°F.) oven for 35-40 minutes until well browned on top. Cut into squares.

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## **potato pancakes**

Yield: 6 cups

**4 medium potatoes, peeled and cut  
in wedges**  
**1 large slice onion**  
**1 1/4 cups sifted all purpose flour**  
**2 teasp. salt**  
**2 teasp. baking powder**

**1/8 teasp. white pepper**  
**2 eggs**  
**4 Tbsp. melted butter or margarine**  
**1 cup milk**

Place shredding disc into mixing container. Closely pack peeled potato wedges and onion slice into feed tube. Process while using food pusher to press potatoes and onion onto shredding disc. After processing, remove shredding disc and food from mixing container. Place steel cutting blade into container. Sift flour, salt, baking powder, and white pepper into mixing container. Process while gradually adding, eggs, melted butter, and milk. Stop, unplug unit and scrape down sides of mixing container with rubber spatula whenever necessary. Add shredded potatoes and onion and process for a few seconds until mixed. Drop by spoonfuls onto hot greased grill. Fry over medium heat until crisp and brown on under side. Turn over and brown other side.

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## scalloped cabbage

Yield: 6 to 8 servings.

**2 slices of bread**

**3 Tbsp. butter**

**1 small head of cabbage**

**1 recipe white sauce (See page 35)**

**1/4 tsp. paprika**

Place steel cutting blade into mixing container. Turn unit on. Process bread by tearing each slice into four sections and dropping them down feed tube. When bread crumbs have been formed, add butter through feed tube and continue processing until bread and butter are mixed. Remove blade and mixture from mixing container. Clean mixing container and place slicing disc into container. Cut head of cabbage into small wedges. Remove core from cabbage wedges. Place one or two wedges into feed tube, press down gently but firmly with food pusher while processing cabbage. Continue until all cabbage has been sliced. It may be necessary to empty mixing container once before all cabbage has been processed. Place cabbage in buttered 2 1/2 qt. casserole. Cover with white sauce and sprinkle buttered bread crumbs and paprika over top. Bake in a 400°F. oven for 15 to 20 minutes.

---

## scalloped potatoes

Yield: 1 1/2 quarts.

**2 oz. Cheddar cheese**

**6 medium potatoes, peeled**

**1 medium onion**

**1/2 tsp. chopped chives**

**1 can of cream of mushroom soup (10-3/4 oz. can)**

**3/4 cup milk**

**1 tsp. salt**

**1/2 tsp. black pepper**

**1/4 tsp. paprika**

Place shredding disc into mixing container. Pack cheddar cheese into feed tube. Process while using food pusher to press cheese onto shredding disc. Remove shredding disc and cheese from mixing container. Set aside in small bowl. Place slicing disc into mixing container. Closely pack peeled potatoes into food tube. Process while using food pusher to press potatoes against slicing disc. After processing, remove slicing disc and potatoes from mixing container. Set aside. Place steel cutting blade into mixing container. Process onion and chives until finely chopped. Add cream of mushroom soup, milk, salt, and pepper to mixing container. Process mixture until thoroughly blended. Arrange 1/2 of the sliced potatoes on bottom of casserole dish. Top with 1/2 of shredded cheese. Pour 1/2 cream sauce on top of cheese. Repeat with remaining half of the ingredients. Sprinkle paprika on top of casserole. Bake at 350°F. for 45 minutes.

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## taters 'n onions

Yield: 6 servings.

**6 large potatoes, peeled**

**1 small onion**

**1 tsp. salt**

**1/4 tsp. pepper**

**1 clove garlic**

**3 Tbsp. melted shortening or oil**

Place slicing disc into mixing container. Process potatoes and onion. Add seasonings. Rub skillet with the cut edge of a clove of garlic. Add shortening and when hot, add mixed ingredients. Saute slowly, turning occasionally so that potatoes brown evenly on all sides. Cook until tender, about 25 to 30 minutes.





## Crepes and Fillings

### entree crepes

Yield: 12 to 14 7" crepes.

4 eggs  
1/2 cup milk  
1/2 cup chicken broth

1/2 tsp. salt  
2 Tbsp. melted margarine  
1 cup flour

Place plastic mixing blade into mixing container. Place eggs, milk, broth, salt, margarine, and flour into mixing container. Process about 5 seconds.

---

### dessert crepes

Yield: 12 to 14 7" crepes.

4 eggs  
1/2 cup milk  
1/2 cup water  
1 tsp. vanilla

2 Tbsp. melted margarine  
1/2 tsp. salt  
2 tsp. sugar  
1 cup flour

Place plastic mixing blade into mixing container. Place eggs, milk, water, vanilla, margarine, salt, sugar, and flour into mixing container. Process about 5 seconds.

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### cannoli

Yield: 3 cups

2 cups ricotta cheese  
3/4 cup confectioners' sugar  
2 tsp. vanilla extract

1/4 cup chopped citron and orange  
peel  
2 Tbsp. chopped milk chocolate

Place steel cutting blade into mixing container. Process cheese, sugar, and vanilla until blended. Stop, unplug unit and scrape down sides of mixing container with rubber spatula whenever necessary. Continue processing. Add citron, orange peel, and milk chocolate and process for a few seconds to mix. Remove mixture from mixing container. Fill crepe with 2 tablespoons of mixture, fold and freeze. Cut each filled crepe into 3 pieces and dust with sifted confectioners' sugar.

Suggested Crepe Batter: Dessert (see page 39)







## **cheese blintz filling**

Yield: 1 1/3 cups.

**1 cup ricotta cheese**  
**2/3 cup cottage cheese**  
**1/4 cup confectioners' sugar**

**1/2 tsp. vanilla**  
**1/2 tsp. grated lemon peel**  
**Garnish: Strawberry Preserves**

Place plastic mixing blade into mixing container. Combine all ingredients in mixing container. Process just long enough to mix everything thoroughly. Spoon mixture onto crepes. Fold crepe and place in greased 8x6x2-inch baking dish. Keep warm in moderate oven. To serve sprinkle with confectioners' sugar and top with strawberry preserves.

Suggested Crepe Batter: Dessert (see page 39)

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## **crabmeat salad crepes**

Yield: 2 cups.

**2 sprigs parsley**  
**2 tsp. chopped green onions**  
**13 oz. cooked crabmeat**  
**1/4 cup mayonnaise**  
**1/3 cup celery**

**2 tsp. horseradish**  
**1/4 tsp. salt**  
**1/4 tsp. white pepper**  
**2 tsp. lemon juice**

Place steel cutting blade into mixing container. Process parsley and green onions until finely chopped. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary. Add remaining ingredients and process until thoroughly mixed. Remove mixture from container and chill. Spoon onto crepe and roll. Garnish with mayonnaise and sprinkle with parsley.

Suggested crepe batter: Entree

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## **garden greens crepes**

Yield: 5 cups.

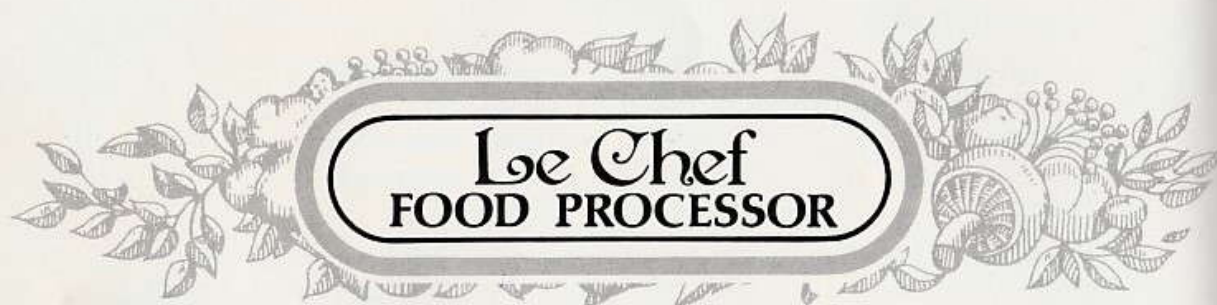
**1/3 medium sized head of cabbage,**  
**cut into wedges**  
**1 green pepper, cut into wedges**  
**6-7 mushroom caps (optional)**  
**4 medium stalks of celery**  
**1 small onion**  
**1/2 cup butter or margarine**

**2 Tbsp. sugar**  
**2 Tbsp. lemon juice**  
**1/2 tsp. salt**  
**1/4 tsp. pepper**  
**1 tsp. soy sauce**  
**1/4 cup sliced pimiento**

Place slicing disc into mixing container. Pack cabbage wedges into feed tube and process using food pusher until shredded. Empty mixing container and repeat same process for green pepper and mushroom caps. Empty container. Place steel cutting blade into mixing container and process celery and onion until cut into small pieces. Cook cabbage, celery, green pepper, onion and mushrooms in butter in frypan until vegetables are crisp and tender; about 5 minutes. Stir in sugar, lemon juice, salt, pepper, soy sauce, and pimiento. Spoon vegetable mixture onto center of crepe. Top with Hollandaise sauce if desired.

Suggested crepe batter: Entree





# Cookies & Party Mints



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## **almond crescent tea cookies**

Yield: 5 1/2 dozen cookies

<b>4 oz. almonds</b>	<b>1 tsp. vanilla</b>
<b>1 cup soft butter</b>	<b>1/2 tsp. almond extract</b>
<b>1/2 cup sifted confectioners' sugar</b>	<b>2 1/4 cups flour</b>
	<b>1/4 tsp. salt</b>

Preheat oven to 400°F.

To grind almonds place steel cutting blade into mixing container. Process almonds for a few seconds until finely ground. Remove almonds and set aside.

Place plastic mixing blade into clean mixing container. Process butter until light and fluffy while gradually adding confectioners' sugar and flavorings. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Continue processing while adding flour, salt and finely ground almonds and mix until all ingredients are well blended.

NOTE: The cookie dough will be crumbly. Shape a rounded teaspoonful of dough. Place on ungreased cookie sheet and mold into a crescent shape. Bake at 400°F. for 8 minutes. While still warm, shake cookies in paper bag with confectioners' sugar to coat.

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## **brownies**

Yield: 16-24 squares

<b>1/2 cup shortening or margarine</b>	<b>1/2 tsp. salt</b>
<b>2 eggs</b>	<b>1 cup sugar</b>
<b>1 tsp. vanilla</b>	<b>2 squares (1 oz. each) unsweetened</b>
<b>3/4 cup sifted flour</b>	<b>baking chocolate, melted</b>
<b>1/2 tsp. baking powder</b>	<b>1/2 cup nutmeats, chopped</b>

Preheat oven to 350°F. Grease an 8x8x2-inch square pan. Place plastic mixing blade into mixing container. Add shortening, eggs and vanilla and process until thoroughly mixed. Sift flour, baking powder, salt and sugar into mixing container. Add melted chocolate and process for 1 minute. Stop, unplug unit, and scrape down sides of mixing container whenever necessary. Add nutmeats and process for just a few seconds to mix. Pour batter into prepared pan. Bake at 350°F. for 30-35 minutes. Cut into squares while still warm.



## chocolate chip cookies

Yield: 4 dozen cookies.

**1 1/4 cups sifted all-purpose flour**  
**1/2 tsp. salt**  
**1/2 tsp. baking soda**  
**1/2 cup margarine**  
**1/2 cup brown sugar, packed**

**1/3 cup sugar**  
**1 egg**  
**1/2 tsp. vanilla**  
**1 cup chocolate chips**  
**1/2 cup chopped nuts**

Preheat oven to 375°F. Place plastic mixing blade into mixing container. Add flour, salt, and baking soda to mixing container and process for a few seconds until thoroughly combined. Process margarine, sugars, egg, and vanilla until thoroughly mixed. Stop, scrape down sides of mixing container. Empty cookie dough into a bowl and stir in chocolate chips and nuts. Drop rounded teaspoonfuls on greased cookie sheet about 2 inches apart. Bake at 375°F. about 12 minutes or until brown.

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## date nut squares

Yield: 16 two inch squares.

**1 cup chopped nuts**  
**2 cups chopped dates**  
**2 eggs**  
**1/2 cup brown sugar**

**1/2 tsp. vanilla**  
**1/2 cup flour**  
**1/2 tsp. baking powder**  
**1/2 tsp. salt**

Generously grease 8x8x2-inch square pan. Preheat oven to 325°F. Place steel cutting blade in mixing container. Add nuts and process for a few seconds to chop. Pitted dates may be cut up by the same method. Stop, unplug unit remove dates and clean mixing container.

Place plastic mixing blade into clean mixing container. Process eggs until foamy and gradually add sugar and vanilla through feed tube. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift flour, baking powder and salt into mixing container and process until thoroughly blended. Add chopped nuts and dates and process for just a few seconds to mix. Spread in greased pan. Bake at 325°F for 40-45 minutes. Cut into squares. Cool. Remove from pan. May be sprinkled with confectioners' sugar.

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## oatmeal raisin cookies

Yield: 4 dozen — 2" diameter cookies.

**1 cup shortening**  
**1 cup sugar**  
**2 eggs**  
**2 cups all purpose flour**  
**1/2 tsp. salt**  
**1/2 tsp. cinnamon**

**1 tsp. baking powder**  
**1 tsp. baking soda**  
**2 cups rolled oats (quick)**  
**1/4 cup molasses**  
**1 cup raisins**  
**1/2 cup chopped nuts**

Preheat oven to 375°F. Grease cookie sheets. Place plastic mixing blade into mixing container. Place shortening into mixing container. Gradually add sugar through feed tube during processing. Add eggs and continue processing. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, salt, cinnamon, baking powder, and soda into mixing container. Add oats and molasses, and process for 1 minute until well mixed. Add raisins and nuts, and process for a few seconds. Drop by rounded tablespoonfuls onto prepared cookie sheets. Bake at 375°F. until bottom of cookie is slightly browned about 10 minutes. Remove from cookie sheet and cool on brown paper or paper toweling.



## **soft molasses cookies**

Yield: 8 1/2 dozen—1 1/2" diameter cookies.

**2/3 cup soft shortening**  
**1/2 cup granulated sugar**  
**1/2 cup molasses**  
**1 egg**  
**2 1/3 cups sifted flour**  
**1 1/2 tsp. baking soda**

**1 tsp. cinnamon**  
**1 tsp. ginger**  
**1/2 tsp. salt**  
**1/2 cup buttermilk**  
**1 cup raisins**

Set oven at 375°F to preheat. Grease cookie sheets. Place plastic mixing blade into mixing container. Place shortening into mixing container. Gradually add sugar through feed tube during processing. Add molasses and egg and process until thoroughly mixed. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, soda, cinnamon, ginger and salt into mixing container. Process while slowly adding buttermilk through feed tube. Mix thoroughly. Add raisins and process for a few seconds until blended. Drop by rounded teaspoonfuls onto prepared cookie sheets. Bake at 375°F about 12 minutes. Remove from cookie sheet and cool on brown paper or paper toweling.

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## **spritz cookies**

Yield: 5 dozen cookies.

**1 cup butter**  
**3/4 cup firmly packed brown sugar**  
**1 egg yolk**

**2 cups unsifted flour**  
**1/4 tsp. salt**  
**1/2 tsp. vanilla extract**

Set oven at 350°F to preheat. Place plastic mixing blade into mixing container. Process butter, brown sugar, and egg yolk until light and fluffy about 1 minute. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Continue processing while adding flour, salt and vanilla. Process until well mixed. Press dough through cookie press onto ungreased cookie sheets. Decorate if desired, with candies or colored sugar. Bake in 350°F oven for 8 minutes or until lightly browned. Remove from cookie sheets and cool on brown paper or paper toweling.

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## **party mints**

Yield: 5 dozen mints.

**1 (3 oz.) package cream cheese**  
**1 lb. confectioners' sugar**  
**1 Tbsp. milk**

**2 drops mint extract**  
**Few drops — food coloring**

Place plastic mixing blade into mixing container. Process cream cheese for a few seconds until soft and smooth. Continue processing while slowly adding sugar and milk through feed tube. Add mint extract and food coloring. Mixture will be heavy and smooth. Remove from mixing container. Chill for several hours. Roll into small balls and place on wax paper. Flatten balls with tines of fork or by pressing down with flat decorative object such as base of small glass.

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## Cakes, Pies, Frostings and Fillings

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### **applesauce cake**

- |  |   |
|--|---|
| <b>1/2 cup soft shortening</b>         | <b>1/2 tsp. baking soda</b>                   |
| <b>1 1/2 cups granulated sugar</b>     | <b>1 1/2 tsp. double-acting baking powder</b> |
| <b>2 cups sifted all purpose flour</b> | <b>2 eggs</b>                                 |
| <b>2 Tbsp. cocoa</b>                   | <b>1 1/2 cups applesauce</b>                  |
| <b>3/4 tsp. salt</b>                   | <b>1 cup raisins or chopped dates</b>         |
| <b>1 1/2 tsp. cinnamon</b>             | <b>3/4 cup chopped walnuts</b>                |
| <b>1/4 tsp. ground cloves</b>          |   |
| <b>1/2 tsp. ground nutmeg</b>          |   |
| <b>1/2 tsp. allspice</b>               |   |

Preheat oven to 350°F. Grease and dust with flour a 13x9x2-inch pan. Place plastic mixing blade into mixing container. Place shortening into mixing container. Process shortening while gradually adding sugar through feed tube. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, cocoa, salt, cinnamon, cloves, nutmeg, allspice, soda, and baking powder into mixing container. Process while gradually adding eggs and applesauce, and continue processing for two minutes. Add raisins and walnuts and process for a few seconds until blended. Turn into pan. Bake 50-60 minutes. Cakes are done when toothpick inserted in center comes out clean.

Suggested Topping: Whipped cream cheese or confectioners' sugar.



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## **basic white cake**

**1/2 cup soft shortening**  
**1 1/2 cups granulated sugar**  
**2 1/2 cups sifted cake flour**  
**3 tsp. double-acting baking powder**  
**1 tsp. salt**

**1 cup milk**  
**1 1/2 tsp. vanilla**  
**1/4 tsp. almond extract**  
**3 egg whites**

Set oven at 350°F. to preheat. Grease and dust with flour, two 8-inch layer pans. Place plastic mixing blade into mixing container. Place shortening into mixing container. Process shortening while gradually adding sugar through feed tube. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, baking powder, and salt into mixing container. Process while gradually adding milk, vanilla, almond extract, and egg whites. Continue mixing for 2 minutes. Divide evenly into prepared pans. Bake about 30 minutes. Cake is done when toothpick inserted in center comes out clean. Remove pans from oven, invert each layer onto a cake cooling rack, remove pans, and cool to room temperature before frosting.

Suggested Topping: Fluffy Butter Frosting or Fudge Frosting.

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## **basic yellow cake**

**1/2 cup soft shortening**  
**1 1/4 cups granulated sugar**  
**2 cups sifted flour**  
**2 1/2 tsp. double-acting baking powder**

**3/4 tsp. salt**  
**3/4 cup milk**  
**1 1/4 tsp. vanilla**  
**2 eggs**

Preheat oven to 350°F. Grease and dust with flour, two 8-inch layer pans. Place plastic mixing blade into mixing container. Place shortening into mixing container. Process shortening for 1 minute while gradually adding sugar through feed tube. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, baking powder, and salt into mixing container. Process while adding milk, vanilla, and eggs through feed tube. Continue processing for another minute until batter is smooth and well blended. Divide batter evenly into pans. Bake 25 to 30 minutes. Cake is done when toothpick inserted in center comes out clean. Remove pans from oven, invert each layer onto a cake cooling rack, remove pans and cool to room temperature before frosting.

Suggested topping: Fluffy Butter Frosting, or Fudge Frosting.



## **cheesecake**

<b>14 2x2-inch Graham Cracker Squares</b>	<b>1 cup sugar</b>
<b>2 Tbsp. sugar</b>	<b>2 Tbsp. flour</b>
<b>1/4 cup margarine in slices</b>	<b>3 eggs</b>
<b>juice of 1 lemon</b>	<b>1/4 cup light cream</b>
<b>3 (8 oz.) packages cream cheese softened</b>	

Grease a 9-inch spring form pan or a 9x9x2-inch baking pan. Preheat oven to 450°F. Place steel cutting blade into mixing container. Drop cracker sections down feed tube while processor is running. Process one section at a time until all 14 sections are fine crumbs. Add 2 Tbsp. sugar and the margarine. Process until mixed. Empty crumb mixture into prepared pan and press onto bottom and halfway up the sides of the pan. Clean mixing container. Place plastic mixing blade into mixing container. Place cream cheese into mixing container. Squeeze lemon juice over cheese. Process until smooth. Gradually add sugar and flour through feed tube. Stop, unplug unit and scrape down mixing container sides, as needed. Add eggs through feed tube blending until smooth. Add cream and thoroughly blend. Pour mixture into prepared baking pan. Bake 15 minutes at 450°F, then reduce oven temperature to 200°F and bake 1 hour. Turn oven off and allow cheesecake to remain in oven for 10 minutes. Remove and cool thoroughly. Remove sides of spring form pan and cut cheesecake into squares for serving.

Serve plain or top with whipped cream or fruit pie filling.

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## **chocolate nut torte**

Yield: 1 8-inch torte.

<b>2 cups sifted cake flour</b>	<b>1/3 cup softened margarine</b>
<b>1 1/2 cups sugar</b>	<b>2 eggs</b>
<b>1 tsp. salt</b>	<b>1 tsp. almond extract</b>
<b>1 tsp. baking soda</b>	<b>1/4 cup hot water</b>
<b>1 cup sour cream</b>	<b>3 squares unsweetened chocolate</b>

Nut Filling (See page 53)

Preheat oven to 350°F. Grease and flour three 8-inch layer pans. Melt chocolate in double boiler over hot (not boiling) water. Place plastic mixing blade into mixing container. Sift together flour, sugar, salt, and baking soda into mixing container. Add sour cream and margarine. Process while slowly adding eggs, almond extract, melted chocolate, and hot water. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Process until well blended. Divide batter into three parts, placing equal parts into prepared pans. Bake at 350°F for 25-30 minutes. Cake is done when toothpick inserted in center comes out clean. Remove cake from pans. Cool to room temperature. Spread nut filling between layers and on top of cake.



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## **cocoa devil's food cake**

**1 1/2 cups sifted cake flour**  
**1 1/4 cups sugar**  
**1/2 cup cocoa**  
**3/4 teasp. salt**  
**1 1/4 teasp. baking soda**

**2/3 cup shortening (soft)**  
**1 cup buttermilk**  
**1 teasp. vanilla**  
**2 eggs**

Preheat oven to 350°F. Grease and dust with flour two 8-inch round cake pans. Place plastic mixing blade into mixing container. Sift flour, sugar, cocoa, salt, and baking soda into mixing container. Add shortening and 2/3 cup buttermilk and vanilla. Process for 2 minutes. Stop, unplug unit and scrape down sides of mixing container. Add eggs and 1/3 cup buttermilk and process 2 minutes longer. Pour into prepared pans. Bake at 350°F. for 30-35 minutes. Remove from pans and cool on racks.

Suggested Topping: Seven-Minute Frosting

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## **gingerbread**

**1/2 cup margarine**  
**1/2 cup sugar**  
**1 egg**  
**1 cup molasses**  
**2 1/2 cups all purpose flour**  
**1 1/2 teasp. baking soda**

**1 teasp. cinnamon**  
**1 teasp. ground ginger**  
**1/2 teasp. cloves**  
**1/2 teasp. salt**  
**1 cup hot water**

Preheat oven to 350°F. Grease 9x9x2-inch pan. Place plastic mixing blade into mixing container. Place margarine into mixing container. Process margarine while gradually adding sugar through feed tube. Add egg and molasses through feed tube and process for another minute until mixture is well blended. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, baking soda, cinnamon, ginger, cloves and salt into mixing container. Process while adding hot water and continue mixing for 1 minute. Pour batter into prepared pan. Bake at 350°F for 35-40 minutes. Cake is done when toothpick inserted in center comes out clean. Serve warm.

Suggested topping: Whipped Cream, Lemon sauce, Whipped Cream Cheese.



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## **graham cracker cake**

**15 (2x2 inch) Graham Cracker  
Squares**  
**1 box white cake mix**  
**2 Tbsp. sugar**

**1 1/2 cups water**  
**2 egg whites**  
**3/4 cup chopped pecans**

Preheat oven to 350°F. Generously grease and dust with flour two 8-inch round cake pans. Place steel cutting blade into mixing container. Drop cracker squares down feed tube while processor is running. Process one square at a time until all 15 squares are fine crumbs. Place plastic mixing blade into clean mixing container. Add cake mix, graham cracker crumbs, and sugar. Process while slowly adding water and egg whites through feed tube. Stop, unplug unit, and scrape down sides of mixing container whenever necessary. Add chopped nuts and process for just a few seconds to distribute through batter. Pour batter into prepared pans and bake for 35-40 minutes or until a toothpick inserted in center comes out clean. Remove pans from oven, invert each layer onto a cake cooling rack, remove pans, and cool to room temperature before frosting.

Suggested Topping: Whipped Cream

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## **hot milk cake with broiler frosting**

**1/2 cup hot milk**  
**1 Tbsp. margarine**  
**2 eggs**  
**1 cup sugar**

**1 cup sifted cake flour**  
**1/8 tsp. salt**  
**1 tsp. baking powder**

Preheat oven to 350°F. Generously grease and dust with flour one 8x8x2-inch pan. Heat milk, melt margarine in milk. Remove from heat. Place plastic mixing blade into mixing container. Break eggs into mixing container. Process eggs for 1 minute until thick. Add sugar and process another minute. Stop, unplug unit and scrape down sides of mixing container whenever needed. Sift flour, salt, and baking powder into mixing container. Process for one minute while slowly adding hot milk and margarine. Pour into prepared pan and bake 30 minutes or until a toothpick inserted in center comes out clean. Add topping while cake is still hot.

Topping:

**3/4 cup brown sugar**  
**1/3 cup margarine, melted**

**1/4 cup light cream**  
**1 cup coconut**

Place plastic mixing blade into clean mixing container. Process all topping ingredients until well blended. Frost cake and return to hot oven or broiler just long enough to slightly brown the topping.



## lemon delight

Yield: 9 servings

**1 (3 oz.) package lemon gelatin**

**1/2 cup sugar**

**1 cup boiling water**

**1 Tbsp. lemon juice**

**1 tsp. grated lemon rind**

**5 (2x2 inch) Graham Cracker Squares**

**1 (13 oz.) can evaporated milk, chilled**

**Maraschino cherries**

Dissolve lemon gelatin and sugar in small bowl with 1 cup boiling water. Add lemon juice and grated lemon rind and stir until thoroughly blended. Chill for approximately 30 minutes or until soft gel stage. While gelatin is cooling, place steel cutting blade into mixing container. Turn unit on and process graham crackers by breaking them into smaller pieces and putting them down feed tube. When graham crackers have been ground into fine crumbs, stop, unplug unit and remove graham crackers and blade. Clean mixing container and place plastic mixing blade into it. Place partially set gelatin into mixing container and turn unit on. Process gelatin mixture while slowly adding evaporated milk through the feed tube. Continue processing for a few seconds after ingredients are thoroughly mixed. Hold blade in place with a large spoon while pouring mixture into an 8x8x2-inch pan. Spread graham cracker crumbs over top of mixture and decorate with Maraschino cherries. Chill for several hours. Cut into squares and serve.

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## pastry

(For one single-crust pie or 4 to 6 tart shells)

**1 1/2 cups flour**

**1/2 cup shortening**

**5-6 Tbsp. cold water**

**1/2 tsp. salt**

**1 tsp. baking powder**

Place plastic mixing blade into mixing container. Place all the ingredients except the water in the food processor and blend until fine crumbs are formed. Add the water a little at a time through feed tube until the dough is sufficiently moist to form into a ball. Stop, unplug unit and remove dough. Flatten on lightly floured surface by pressing with edge of hand 3 times across in both directions. Roll from center to edge until 1/8 inch thick.

To bake 8, 9, or 10-inch single-crust pie shells:

Fit pastry into pie plate; trim to about 1/2-inch beyond edge; fold under and flute edge. Prick bottom and sides well with fork. Do not prick shell if it is to be filled before baking. Bake at 450°F. for 10 to 12 minutes or until golden. Cool.

To bake tart shells:

Prepare pastry, roll until dough is 1/8-inch thick. Cut in 5 or 6-inch circles. Fit into tart pans; press out bubbles. Trim 1/2-inch beyond edge; turn under; flute. Prick bottom and sides. (Or fit 5-inch circles over inverted custard cups; pinch together 4 corners; prick.) Bake at 450°F for 10 to 12 minutes or until golden. Cool.

Instant pudding mixes may be used as a filling for single crust pies or tarts. Use plastic mixing blade and process dry ingredients in mixing container while pouring liquid down feed tube. Follow package directions for amount of liquid. Care must be taken to hold blade in place with a large spoon while pouring pudding from mixing container.



## **pineapple upside-down cake**

**2 Tbsp. margarine**  
**1/2 cup brown sugar, packed**  
**1 small (8 oz.) can crushed**  
**pineapple, drained**

**6 maraschino cherries**  
**1/3 cup nuts**  
**1 box of one-layer yellow**  
**cake mix**

Generously grease a 6-cup fluted baking pan or an 8-inch square pan. Preheat oven to 350°F. Place steel cutting blade into processor. Add margarine, brown sugar, and 2 tablespoons drained crushed pineapple to the mixing container and process into a paste. Spread paste into bottom of baking pan. Place cherries and nuts in a decorative pattern in the paste. Clean mixing container and place plastic mixing blade into unit. Empty cake mix into mixing container, add egg and water and process until smooth. Add remaining drained, crushed pineapple and process. Pour batter over cherries, nuts and brown sugar mixture. Bake 50-60 minutes at 350°F. Invert onto a serving dish to cool.

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## **Sunbeam chocolate cake**

**2 cups sifted cake flour**  
**1 teasp. soda**  
**3/4 teasp. salt**  
**1 1/3 cups sugar**  
**1/2 cup shortening (soft)**

**1 cup milk**  
**1 teasp. vanilla**  
**2 eggs**  
**3 squares unsweetened**  
**chocolate**

Preheat oven to 350°F. Generously grease and dust with flour two 8-inch round cake pans. Melt chocolate. Place plastic mixing blade into mixing container. Sift flour, soda, salt, and sugar into mixing container. Add shortening, 3/4 cup milk and vanilla. Process for one minute. Stop, unplug unit and scrape down sides of mixing container. Add eggs, chocolate and remaining 1/4 cup milk. Process until all ingredients are well blended. Pour batter into prepared pans. Bake at 350°F for 30-35 minutes. Remove from pans and cool on racks. Suggested topping: Fudge frosting.

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## **butterscotch frosting**

**1 (6 oz.) package butterscotch**  
**pieces**  
**1/4 cup boiling water**  
**1/2 cup confectioners' sugar**

Yield: Frosting to fill and frost 2 (8 or 9-inch) layers.

**4 egg yolks**  
**1/2 cup soft shortening**  
**1/2 teasp. almond extract**

Place steel cutting blade into mixing container. Process butterscotch pieces for 10 seconds until coarsely chopped. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary. Slowly add boiling water to butterscotch pieces through the feed tube. Add confectioners' sugar, egg yolks, softened shortening, and almond extract. Process thoroughly until smooth. Chill frosting, if necessary, until spreadable consistency.



## creamy chocolate chip frosting

Yield: Frosting to fill and frost  
2 (8 or 9-inch) layers.

**1 (6 oz.) package semi-sweet  
chocolate pieces**

**1/4 cup hot strong coffee**

**1/2 cup confectioners' sugar**

**4 egg yolks**

**1/2 cup butter or margarine, softened**

**1 teasp. vanilla**

Place steel cutting blade into mixing container. Process chocolate pieces for 10 seconds until coarsely chopped. Stop, unplug unit and scrape down sides of mixing container with spatula whenever necessary. Slowly add hot coffee to chocolate pieces through the feed tube. Add confectioners' sugar, egg yolks, softened butter, and vanilla. Process thoroughly until smooth. Chill frosting if necessary, until spreadable consistency.

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## fluffy butter frosting

Yield: Frosting to fill and frost  
2 (8 or 9-inch) layers.

**1/3 cup soft butter or margarine**

**4 cups sifted confectioners' sugar**

**1/8 teasp. salt**

**3-4 Tbsp. milk**

**1 1/2 teasp. vanilla**

Place plastic mixing blade into mixing container. Process soft butter or margarine for 1 minute. Add sugar, salt, milk and vanilla and process for two minutes. Stop, unplug unit and scrape down sides of mixing container whenever needed.

Variation: Fluffy Maple Frosting: Omit vanilla from Fluffy Butter Frosting and add 1 teasp. maple flavoring.

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## fudge frosting

Yield: Frosting to fill and frost 2 (8 or 9-inch) layers.

**4 squares unsweetened chocolate**

**1/2 cup margarine**

**4 cups confectioners' sugar, sifted**

**1/2 cup milk**

**1 1/2 teasp. vanilla**

Melt chocolate and margarine over hot, not boiling water, in a double boiler.

Place plastic mixing blade into mixing container. Sift confectioners' sugar into mixing container. Add milk, vanilla, margarine and chocolate and process until smooth and well blended. Stop, unplug unit, and scrape down sides of mixing container whenever necessary.

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## nut filling

Yield: Filling for 3 (8 inch) layers.

**3/4 cup sugar**

**3/4 cup evaporated milk**

**3 egg yolks**

**1/2 cup margarine**

**1 teasp. vanilla**

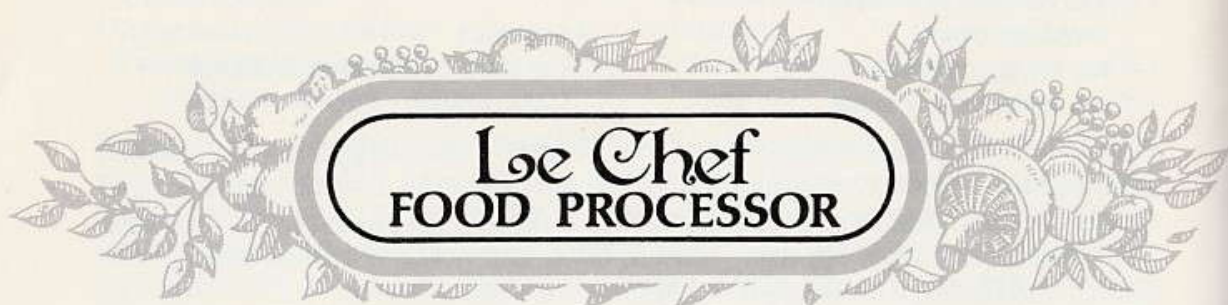
**1 can (3-1/2 oz.) flaked coconut**

**1 cup chopped walnuts**

Combine sugar, milk, egg yolks, margarine, and vanilla in saucepan. Cook over medium heat, stirring constantly until thickened. Remove from heat and mix in coconut and chopped nuts. Cool.

See: Chocolate Nut Torte (Page 48).





## Quick Breads

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### **caramel pecan coffee cake**

**1/4 cup butter, softened**  
**1/3 cup brown sugar, packed**  
**1/2 tsp. cinnamon**

**Maraschino cherries**  
**Pecan halves**  
**1 recipe Sweet Muffins (see page 56)**

Grease a 6-cup fluted tube pan or a 9"x9"x2" square baking pan. Preheat oven to 400°F. Place plastic mixing blade into mixing container. Place butter, brown sugar, and cinnamon into mixing container and process to form a paste. Spread paste into bottom of prepared pan. Place cherries and pecans in a decorative pattern in the paste.

Prepare Sweet Muffin batter, page 56. Spoon batter evenly into pan. Bake 25-30 minutes in a 400°F oven. Invert pan onto serving dish immediately.

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### **coconut crunch top coffee cake**

**1 recipe Sweet Muffins (see page 56)**

#### **TOPPING:**

**2 Tbsp. soft butter**  
**2 Tbsp. flour**

**1/4 cup brown sugar, packed**  
**1 tsp. cinnamon**  
**1/2 cup coconut**

Preheat oven to 350°F.

Grease an 8x8x2-inch baking pan. Place plastic mixing blade into mixing container. Prepare Sweet Muffin batter, page 56. Spread batter evenly in baking pan. Clean and thoroughly dry mixing container. Place steel cutting blade into mixing container. Add all topping ingredients into mixing container and process until mixed.

Spoon topping evenly over batter. Bake 35-40 minutes at 350°F.

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## **corn bread**

Yield: 16 servings.

**1 cup cornmeal**  
**2 eggs**  
**1 cup milk**  
**1/4 cup melted margarine**

**1 cup all purpose flour**  
**1/4 cup sugar**  
**4 teasp. baking powder**  
**3/4 teasp. salt**

Preheat oven to 420°F. Generously grease a 9x9x2-inch pan. Place plastic mixing blade into mixing container. Add cornmeal, eggs, milk and margarine and process until thoroughly blended. Stop, unplug unit and scrape down sides of mixing container whenever necessary. Sift together flour, sugar, baking powder and salt into mixing container. Process until well mixed. Pour into prepared pan. Bake at 420°F. for 20-25 minutes. Serve hot.

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## **date nut loaf**

**2 cups dates, pitted**  
**1/2 teasp. baking soda**  
**1 cup boiling water**  
**2 1/4 cups flour**  
**2 teasp. baking powder**

**3/4 teasp. salt**  
**3/4 cup brown sugar, packed**  
**2 Tbsp. margarine**  
**1 egg**  
**1/2 cup walnuts**

Grease and flour a 9x5x3 inch loaf pan. Preheat oven to 350°F. Place steel cutting blade into mixing container. With processor running drop dates down feed tube a few at a time until all are chopped. Remove chopped dates to a small bowl and add soda and boiling water. Sift flour, baking powder, and salt into mixing container. Add brown sugar, and margarine. Process ON and OFF 3 times. Add egg, date mixture, and walnuts. Process until thoroughly mixed. Pour into prepared pan and bake at 350°F. for 75 minutes or until a toothpick inserted in center comes out clean. Remove from pan and cool on rack.

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## **bran muffins**

Yield: 1 dozen muffins.

**1 cup flour**  
**2 1/2 teasp. baking powder**  
**1/4 cup sugar**  
**1/2 teasp. salt**

**1 cup bran cereal**  
**2 Tbsp. shortening**  
**3/4 cup milk**  
**1 egg**

Grease muffin pans or line muffin pans with paper. Preheat oven to 400°F. Place steel cutting blade into mixing container. Sift flour, baking powder, sugar, and salt into mixing container. Add bran, shortening, milk, and egg. Process until thoroughly mixed. Pour into prepared muffin pans. Bake 20-25 minutes at 400°F.

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## **graham muffins**

Yield: 16 muffins.

<b>12 Graham cracker sections</b> <b>2 1/2"x2-1/2" (1 cup crumbs)</b> <b>1 cup flour</b> <b>1 Tbsp. baking powder</b> <b>1/2 tsp. salt</b> <b>1/3 cup sugar</b>	<b>2 Tbsp. shortening</b> <b>1 cup milk</b> <b>2 eggs</b> <b>1/2 cup nuts</b>
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Grease muffin pan or line muffin cups with papers. Preheat oven 400°F. Place steel cutting blade into mixing container. With processor running, add Graham crackers through feed tube until all are processed into crumbs.

Sift flour, baking powder, and salt onto crumbs in mixing container. Add sugar, shortening, milk, eggs, and nuts. Process until thoroughly mixed. Spoon into prepared muffin pans. Bake 20-25 minutes at 400°F.

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## **sweet muffins**

Yield: 1 dozen muffins.

<b>1 1/2 cups flour</b> <b>1/2 cup sugar</b> <b>2 tsp. baking powder</b> <b>1/2 tsp. salt</b>	<b>1/2 cup milk</b> <b>1 egg</b> <b>1/2 cup oil</b>
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Prepare muffin pans by greasing or lining with papers. Place plastic mixing blade into mixing container. Sift dry ingredients into mixing container. Add milk, egg, and oil. Process until thoroughly mixed, about 5 seconds. Spoon mixture into prepared muffin pan. Bake at 400°F for 15 minutes.

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## **Sunbeam waffles**

Yield. 5 full size 4-section waffles.

<b>4 eggs</b> <b>3 cups sifted all-purpose flour</b> <b>5 tsp. baking powder</b> <b>1 tsp. salt</b>	<b>2 Tbsp. sugar</b> <b>2 1/4 cups milk</b> <b>1 tsp. vanilla</b> <b>3/4 cup melted margarine</b>
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Melt margarine and set aside to cool. Place plastic mixing blade into mixing container. Process eggs for 1 minute. Sift dry ingredients in mixing container. Process while gradually adding milk and vanilla. Add cooled margarine and continue processing until well blended. Stop, unplug unit and scrape down sides whenever necessary during processing. Bake on preheated waffle baker.









## Bread

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### one loaf white bread

Yield: One loaf

1/2 cup milk

1 Tbsp. + 1 teasp. sugar

2 Tbsp. margarine

1 teasp. salt

2/3 cup warm water (110°F.)

1 pkg. active dry yeast

3 1/4 cups all purpose flour, sifted

Scald milk; add margarine, sugar, and salt. Cool to room temperature. Dissolve yeast in warm water. Add room temperature milk mixture to yeast. With steel cutting blade in place, add flour to the mixing container. Process while pouring liquid ingredients through feed tube and continue processing until ball of dough forms on blades, 5-10 seconds. Remove dough from mixing container and shape into a ball. Place in greased bowl and roll the ball to grease the dough. Cover, and allow to rise until dough is doubled in volume (about 1-1/2 hours). Punch down, fold sides to center, turn dough over in bowl. Cover and allow to rise until doubled (40 minutes). Punch down, fold and turn. Place on board and allow to rest 10 minutes. Shape dough to fit into greased bread pan (9x5x3 inch). Brush with melted margarine. Cover. Allow dough to rise in bread pan until doubled (about 30 minutes). Bake in 375°F. oven for 50 minutes. Baked loaf will sound hollow when tapped with knuckles.



## **caramel pecan rolls**

Yield: 18 rolls

**1 recipe Multi-Purpose Sweet  
Yeast Dough (see page 60)  
1 cup firmly packed brown sugar  
1/2 cup margarine, melted  
3 Tbsp. water**

**1 cup chopped pecans  
1/2 cup granulated sugar  
1 tsp. cinnamon  
1/4 cup margarine, softened**

Prepare Multi-Purpose Basic Sweet Yeast Dough following directions up to the shaping step. While dough is resting on the board, combine brown sugar, melted margarine and water. Spread evenly in a greased 9"x13"x2" pan. Arrange pecans on top of caramel mixture in pan. Roll dough into a 10"x16" rectangle. Combine granulated sugar and cinnamon mixture. Brush dough with melted margarine and sprinkle with cinnamon-sugar mixture. Roll up like a jelly roll, beginning with the long side. Seal edges. Cut into 18 equal size slices. Place rolls, cut side down, on top of pecans in pan. Cover, allow to rise 20-30 minutes. Bake at 325°F. for 35-40 minutes or until done. Invert pan onto wax paper immediately. Let stand 5 minutes to allow caramel mixture to glaze rolls. Remove pan.

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## **hearty wheat loaf**

Yield: one loaf.

**1 cup water (110°F.)  
1 Tbsp. sugar  
1 pkg. active dry yeast  
1/2 cup dry milk solids  
1 cup whole wheat flour**

**1 1/2 cups all-purpose flour  
2 Tbsp. wheat germ  
1 tsp. salt  
2 Tbsp. frozen margarine**

Mix water and sugar in small bowl. Dissolve yeast into sugar water. Let yeast mixture stand undisturbed for 5 minutes. While yeast mixture is resting, place steel cutting blade into mixing container. Add dry milk, 1/2 cup whole wheat flour, 1 cup all-purpose flour, wheat germ, salt, and margarine to mixing container. Process by turning the motor on and off five times until the mixture is well blended. Add 1/4 cup of yeast mixture to flour mixture through the feed tube. Process until mixture has a crumbly texture. Let the flour mixture rest for 2 minutes. Add the remaining 1/2 cup whole wheat flour and 1/2 cup all-purpose flour to mixing container. Process. While flours are being processed pour remaining yeast mixture down feed tube; process until the dough forms a ball. Place dough in greased bowl and roll the ball to grease the dough. Cover and let rise in a draft free area for 1 1/2 hours. Punch dough down and let rise for 40 minutes. Remove dough from bowl and let rest for 10 minutes on floured board. Shape dough to fit greased bread pan (9x5x3-inch). Brush with melted margarine. Cover, allow dough to rise in bread pan for 30 minutes. Bake at 350°F. for 40-45 minutes. Baked loaf will sound hollow when tapped with knuckles.



## **multi-purpose sweet dough**

**1/4 cup sugar**

**1 pkg. active dry yeast**

**1/2 cup scalded milk (110°F.)**

**3 1/4 cups flour**

**1 teasp. salt**

**2/3 cup frozen margarine, sliced**

**2 eggs**

Place steel cutting blade into mixing container. Dissolve sugar and yeast in warm milk and allow to rest for 5 minutes. While yeast mixture is resting, place 3 cups flour, salt, and frozen margarine into mixing container. Process by turning unit on and off five times until mixture is crumbly. Continue processing while adding yeast mixture through the feed tube. Turn unit off and allow mixture to rest for 2 minutes. Turn unit on and add 1/4 cup flour. Process just until dough ball is formed. Stop, unplug unit and place dough in greased bowl. Turn greased side up. Cover and let rise in draft free area for 1 1/2 hours. Punch down and let rise for 40 minutes. Punch down, remove from bowl and let rest on floured board for 10 minutes.

—See variations desired to complete:

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## **burger buns**

Yield: 1 dozen 3" buns. 2 dozen 1 1/2" buns.

Divide dough into twelve equal parts. Roll each piece of dough into a ball. These will be approximately 2-inches in diameter. Drop dough balls on greased cookie sheet a few inches apart with enough force to slightly flatten them. Brush top surface of buns with melted margarine and sprinkle with sesame seeds, poppy seeds, celery seeds, or onion flakes. Let rise 20-30 minutes. Bake at 325°F. for 20-30 minutes—until golden brown. Remove from cookie sheet and allow to cool on racks before slicing buns.

Hint: Smaller buns may be made in the same manner. Roll dough into balls of 1-inch diameter and follow above procedure. Bake at 325°F. for 15-20 minutes. These small buns make excellent appetizers or buffet sandwiches, with a variety of fillings.

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## **hot dog buns**

Yield: 1 dozen buns

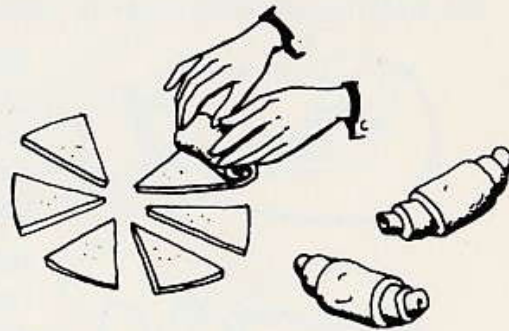
Divide dough into twelve equal parts. Roll each piece of dough into a sausage shape of approximately 4-inches. Drop buns on greased cookie sheet a few inches apart with enough force to slightly flatten them. Brush top surfaces of buns with melted margarine and sprinkle with sesame seeds, poppy seeds, celery seeds, or onion flakes. Let rise 20-30 minutes. Bake at 325°F. for 20-30 minutes—until golden brown. Remove from cookie sheet and allow to cool on racks before slicing buns.

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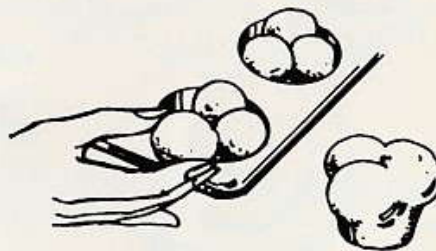


## dinner rolls

**CRESCENT ROLLS:** Divide dough into three pieces. Roll each piece of dough into a 1/4-inch thick circle. Cut into triangles. Beginning at rounded end of triangle, roll dough toward point. Place on greased cookie sheet. Let rise 20-30 minutes. Bake at 350°F. for 15-20 minutes—until golden brown.



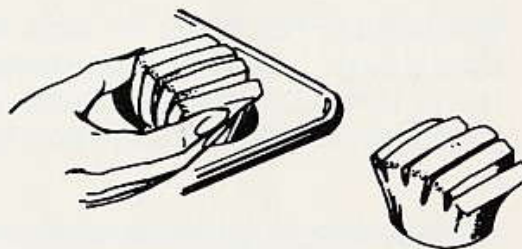
**CLOVERLEAF ROLLS:** From main source, pull small amount of dough and form into a 1" in diameter ball. Place three balls into a greased muffin cup. Fill the rest of the muffin cups in same manner. Let rise 20-30 minutes. Bake at 375°F. for 20-30 minutes—until golden brown.



**QUICK CLOVERLEAF:** Make 1 ball of dough 2-inches in diameter. Place in greased muffin cup. With kitchen scissors, snip each ball in half and then in quarters.



**FAN TAILS:** Roll dough to 1/8-inch thickness. Spread with melted butter. Cut strips of dough 1-1/2 inches wide. Stack 6 strips evenly. Cut into 1-inch pieces. Place cut end of Fan Tail down in greased muffin cup. Let rise 20-30 minutes. Bake at 350°F. for 15-20 minutes—until golden brown



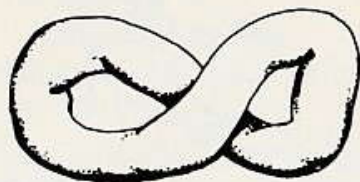
**KNOTS:** Roll dough to 1/2-inch thickness. Cut into 1" strips, 6" long. Tie strips into knots and press ends down on greased cookie sheet. Let rise 20-30 minutes. Bake at 375°F. for 15-20 minutes—until golden brown.





## sweet rolls

Roll dough into an oblong about 12" wide and 1/2" thick. Cut strips 1/2" wide and 8" long.



**figure 8**

Stretch dough and attach the two ends together. Twist once to form figure 8. Place on greased cookie sheet. Let rise 20-30 minutes. If desired use favorite filling. Bake at 375°F. for 20-25 minutes.



**twist**

Use same procedure as with figure 8. Give dough one additional turn or "twist" to make this shape. If desired, use favorite filling or topping. Let rise 20-30 minutes. Bake at 350°F. for 20-25 minutes.



**snails**

Place one end of dough strip on cookie sheet. Beginning at the center, wind dough around and around in a circle. Tuck end under. If desired, use filling or topping. Let rise 20-30 minutes. Bake at 350°F. for 20-25 minutes on greased cookie sheet.

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## coffee cakes

**COFFEE CAKE RING:** Grease a 10-inch tube pan. From Multi-Purpose Sweet Dough Recipe make about 28 individual golf ball size balls. Dip each ball in melted margarine and a mixture of 1/2 cup sugar and 2 teaspoons cinnamon. Place in tube pan. Have balls of dough touching each other. Let rise 30-40 minutes. Bake at 325°F for 30-40 minutes. Top should be golden brown and coffee cake will sound hollow when tapped with knuckles.

**BRAIDED COFFEE CAKE:** Roll dough into 14x10-inch rectangle. Cut lengthwise 3 even strips of dough. Braid strips. Make indentation in center of braid with side of hand. Fill with favorite fillings. Let rise 20-30 minutes. Bake at 325°F for 30-40 minutes. Cake will be golden brown and will sound hollow when tapped with knuckles. If desired, glaze.

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## suggested fillings and glaze

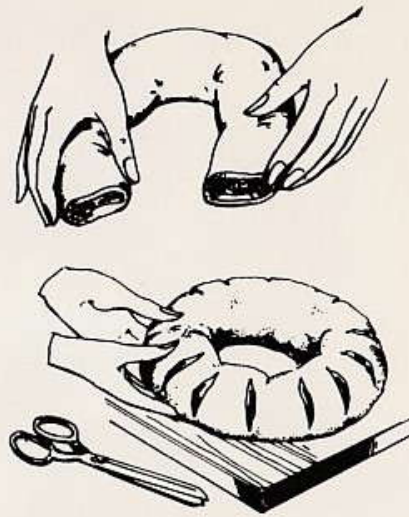
Any commercial pie filling is recommended as a filling for coffee cakes. Pie or fruit filling may be thickened with cornstarch.

Combine 1/2 cup sugar with 2 teaspoons cinnamon for topping.

If glaze is desired, mix 1/2 cup powdered sugar with 1 tablespoon of warm water. Beat until you reach a thick, syrupy consistency. If necessary, add more water or sugar to get the right consistency.



**SWEDISH TEA RING:** Roll dough in a rectangle 14-inches long x 10-inches wide. Combine 1/2 cup sugar and 2 teaspoons cinnamon. Brush top of rectangle with melted margarine. Sprinkle sugar mixture over rectangle. Distribute 1/2 cup raisins, 1/4 cup maraschino cherries coarsely chopped, and 1/4 cup nutmeats coarsely chopped, over dough. Roll up tightly at wide end (you should have a long, tube-shaped roll). Seal seam securely. Form a ring and seal ends together. With a pair of scissors, cut 2/3 of the way through the ring at 1-inch intervals. Turn sections on side. Let rise for 20-30 minutes. Bake at 325°F for 30-40 minutes. Top will be golden brown and loaf will sound hollow when tapped with knuckles.







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